

# PAIN IS NOT NORMAL

As with any painful condition, patients should first consult their physician to be properly diagnosed and to develop an appropriate treatment plan. Their doctor may refer them to a Canadian Certified Pedorthist who can provide you with a gait analysis (evaluate how you walk or run).

## What services do Pedorthists provide?

Pedorthists (C Ped (C)) are orthotic and footwear experts, one of the few healthcare professionals trained in the assessment of lower limb anatomy and biomechanics. With specialized education and training in the design, manufacture, fit and modification of foot orthotics and footwear, Pedorthists help to alleviate pain, abnormalities and debilitating conditions of the lower limbs and feet that if left untreated could result in limited mobility.

## How do I get an appointment with a Canadian Certified Pedorthist?

After consulting with your physician call our clinic and make an appointment.

# Our Clinic



## State of the art 3D Scanning

We can also provide plaster casting, wax or STS Casting. We will use the method that is best for your condition.



We know that getting your orthotics quickly is very important so our lab is on-site and you can usually get your orthotics within one week of your assessment.



We can professionally fit you with footwear that is appropriate for your foot type and problems. Footwear can also be modified to accommodate problem areas. We can provide custom footwear, Orthopedic footwear and Orthotic friendly footwear.

## Tired, aching legs?



When the valves within your veins do not work properly, the results can be swollen ankles, tired aching legs, and varicose veins. Improve your quality of life with comfortable, durable and fashionable compression stockings. Our certified fitters can provide you with the correct fit in the appropriate stocking. Consult your physician first for a referral.

## Products our clinic provides:

- Custom orthotics
- Non-custom orthotics
- Compression stockings
- Ankle & knee braces
- Smart wool socks
- Birkenstock sandals
- Custom footwear
- Orthopedic footwear
- Orthotic friendly footwear by
  - new balance
  - SAUCONY
  - aravon
  - Dunham
  - Step Comfort

# PAINFUL FEET OR LEGS? We Can Help.



Feet come in all sizes, shapes & ages.

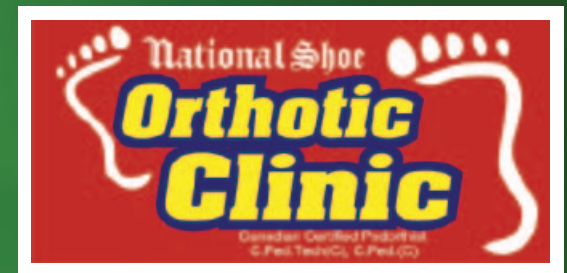
Pedorthists are orthotic and footwear experts.

Canadian Certified Pedorthists work alongside other healthcare professionals to help maintain foot health and mobility, and see patients only by referral from a prescribing healthcare professional such as a family physician.

See inside for the four most common problems treated with orthotics.



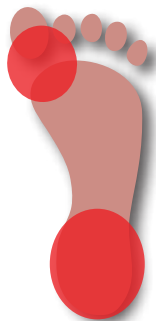
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# ARTHRITIS

Arthritis is a common disease that can affect the joints, skin and various internal organs of the body. Often thought to be a disease only for the elderly, the majority of Canadians living with arthritis are under the age of 65 years-old. In fact, more than 4.5 million Canadian adults (approximately 1 in 6) currently suffer from some form of arthritis.

When arthritis affects the feet, a consultation with an orthotic and footwear expert such as a Canadian Certified Pedorthist can be helpful. A Pedorthist can help patients retain and enhance mobility. This can be achieved through proper footcare, suitable footwear selection and/or a custom-made foot orthotic, if necessary. These items are used to support and align the joints of the foot and can help to ease the pain caused by arthritis.



Pain and swelling in first toe joint & ankle

## What problems can a Canadian Certified Pedorthist help?

- Achilles tendonitis
- Bunions and bunionettes
- Heel pain
- Iliotibial band friction syndrome
- Excessive pronation
- Shin splints
- Claw toes or hammer toes
- Limb length discrepancies
- Sports injuries
- Numbness in the toes
- Corns and callouses
- Other foot injuries due to accidents

## CUSTOM-MADE ORTHOTICS

A custom-made orthotic is an insert that fits discreetly in the shoe to support the foot, redistribute pressure and help improve foot function. A custom-made foot orthotic is made specifically for the patient following an assessment of their feet and legs. A custom-made foot orthotic can help to stabilize the patient's foot, limit excessive motion and accommodate painful areas of the foot.

# DIABETES & FOOTCARE



Loss of sensation and decreased blood flow

Some people living with diabetes might experience reduced circulation or sensation in their feet and may not be able to feel if something in the shoe (or even the shoe itself) is irritating their foot. If the foot is irritated by the shoe, it can result in a wound or ulcer which can be dangerous and could ultimately result in hospitalization or worse - amputation of a lower limb or foot.

## Recommended daily footcare tips for people with diabetes include:

- Do a daily visual foot inspection, be alert for redness, swelling, broken skin, sores or bleeding. See a doctor immediately if any of these problems arise.
- Wear proper fitting shoes around the house and outdoors to protect feet from injury.
- Wash feet with soap and warm water everyday, but do not soak them.
- Avoid heat pads or hot water bottles, even though feet might get cold easily. With a lack of sensation it is easy to burn the feet if the water is too hot.
- Avoid socks with heavy seams, as they can cause irritation of the skin and lead to breakdown or ulceration.
- Do not wear tight, constrictive socks or clothing that can limit blood flow to the extremities.

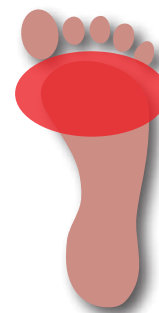
Shoe selection is also vital to those living with the disease. Canadian Certified Pedorthists are trained to troubleshoot shoe fit issues for people with diabetes and help to reduce the risk of amputation by assessing structural features of the foot. Additionally, through custom-made foot orthotics and shoe modifications Pedorthists are able to help alleviate the effects of lower limb and foot abnormalities to help prevent foot problems before they begin.

For more information on diabetes prevention, treatment and management please visit the Canadian Diabetes Association's website at [www.diabetes.ca](http://www.diabetes.ca).

# METATARSALGIA

Metatarsalgia is a term used to describe a group of forefoot conditions that cause pain, burning or discomfort under the ball of the foot or in the toes. Metatarsalgia is caused when the soft tissue around the head of the metatarsal bones become inflamed. Each foot has five metatarsal bones that run from the arch of your foot to your toe joints.

The main symptom of metatarsalgia is pain at the ball of your foot when standing or walking. It is often most noticeable during the push-off phase and improves with rest. It is sometimes accompanied by sharp or shooting pain in your toes or even numbness and tingling in your toes.



Pain in joints at ball of the foot

## TREATMENT & PREVENTION

- **Proper Fitting Shoes** - If your pain is caused by the type of footwear you are wearing, then your style of footwear needs to be changed. Selecting shoes with wide and deep toe boxes that fit the shape of your foot will often bring about immediate and significant relief.
- **Wearing Activity-Specific Footwear** - Wearing activity-specific footwear also helps treat and prevent metatarsalgia. Dress and fashion footwear, although visually appealing, is not typically designed for standing or walking for long periods of time. By choosing footwear designed for specific activities, for example wearing running shoes when jogging or walking shoes for long walks, you will notice your feet feel better and you will prevent painful conditions such as metatarsalgia.

Once the cause has been identified there are a few potential methods of treatment depending on the severity of the condition:

- **Custom-Made Foot Orthotics** - (see bottom of Arthritis panel)
- **Over-The-Counter Foot Orthotics** - Metatarsalgia can often be helped with the use of metatarsal pads inserted into your shoes. These pads help to reduce pressure points at the ball of the foot. Although they can be found at local drugstores, grocery stores or other retail outlets proper placement of the foot orthotics is essential in order for them to be effective.
- **Rest** - Resting the injured area gives the tissue time to heal. Without a reduction of activity, the stress to the painful area will continue and healing is difficult.

# PLANTAR FASCIITIS



Pain in heel or arch of the foot

Do you often experience heel pain when you get out of bed in the morning or after sitting for an extended period of time? If so, you may be one of the millions of North Americans who suffer from a heel condition known as plantar fasciitis.

Plantar fasciitis is one of the most common heel problems seen by Canadian Certified Pedorthists each year. The problem is caused by an inflammation of the plantar fascia, which is a broad, fibrous band of tissue attached to your heel and spans the entire bottom of the foot & attached to each toe.

Plantar fasciitis is often the result of poor lower limb mechanics (how the foot moves), trauma, weight gain or changes in activity.

## TREATMENT

Once diagnosed by your family physician, there are a number of treatment options available to help eliminate or alleviate the pain of plantar fasciitis including:

- **Custom-Made Foot Orthotics** - (see bottom of Arthritis panel)
- **Over-The-Counter Foot Orthotics** - Many over-the-counter foot orthotics can provide satisfactory results in treating plantar fasciitis. Some of the most common devices are night splints and "gel" heel cups. Night splints are worn while sleeping and keep the plantar fascia stretched to prevent it from tightening while you sleep or rest. Gel heel cups insert in the heel and provide a slight heel raise which can help to reduce inflammation and pain.
- **Reduction of Aggravating Activities** - By continuing intense activities, such as running, you increase the stress to the injured plantar fascia. This can delay your recovery from this condition. Try to reduce aggravating activities until the plantar fascia has fully healed.
- **Stretching** - It is important to stretch the calf muscle and plantar foot tissues on a daily basis (especially after rest periods) to help reduce the strain on the plantar fascia by surrounding soft tissues. A healthcare professional can show you the proper stretching techniques.
- **Consult a Physiotherapist or other Allied Healthcare Provider** - Physiotherapists and other allied healthcare providers can use several different techniques to treat the pain of plantar fasciitis.