

# March 2018

Exceptional footcare for all ages.

J.RichardWerkman  
CHIROPODIST



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**Rick Werkman, D.Ch., B.Sc., Podiatric Medicine**

*Is an Oakville, Ontario based registered chiroprapist and with his qualified team of professionals provide routine foot care and treat everyday foot problems and needs, specializing in foot care solutions for all ages, from children to adults and seniors. Everyone deserves healthy feet!*

## Six Ways to Improve Performance Regardless of Age or Sport!

*We Want You to Feel Good About Your Sport!*



Here are six simple ways athletes – regardless of age or activity of choice – can improve their performance. Are they common sense? Well, that’s the funny thing... these mysteriously simple strategies are apparently not all that common!

### **Simple Way #1: Stretch.**

Before and after you run, walk, play or compete. It’s the easiest, most effective thing you can do for your body, and it will help eliminate injuries and stiffness.

**Simple Way #2: Proper footwear.** Make sure you’re wearing the proper footwear designed for your sport. And don’t be shy about asking your Chiroprapist to make modifications to your footwear.

**Simple Way #3: Orthotics.** These devices are custom-designed to alleviate the pain and discomfort you may suffer from foot disorders such as fallen arches, heel spurs, bunions, sport injuries, etc.

**Simple Way #4: Compression stockings or socks** for recovery. Compression therapy is the application of external pressure to the limb to reduce venous pressure within the limb. Wearing graduated socks or stockings will support your veins and increase circulation, reducing swelling and the feeling of tired, achy legs.

**Simple Way #5: Taping and strapping.** Depending on your sport, taping and strapping combined with the other performance strategies mentioned here can positively impact your performance and enjoyment!

**Simple Way #6: Proper footcare.** You count on your feet to help you perform to the max. That's why caring for your feet is so important. Routine footcare, ingrown nails, corns and calluses (and many other conditions) are all treated by your Chiropractor!

Book your [routine footcare appointment](#) or specific foot treatment (such as [warts, corns, calluses, fungal nails](#)) today. ☞

## March is a Great Time for Kids Footcare!

*Children Need Healthy Feet Too!*



Of course you love your children. But you may not love their stinky, smelly, fungal or wart infested feet. Thank goodness we're close by and ready to help!

March is a great time to book an appointment for routine foot and wart care, treatment for ingrown toenails, sports injuries, or custom orthotics! Hop on over to see the [comprehensive foot care services](#) we offer kids of all ages.

Our Team Captain, [Rick Werkman](#) is registered for routine and specialized footcare, and has a B.Sc. Podiatric Medicine with electives focusing on the areas of **Sports Medicine and Injuries**, Microbiology and Podopharmacology.

Rick is also Licensed for Nail Surgery, Local Anesthesia, and Injections to the foot.

[Make an appointment](#) for yourself too! We're conveniently located, easy to get to and we love feet! Learn more about the [Werkman team](#). ☞



## Custom Orthotics Help Put the "Win" in Winter! *All-Season Comfort!*

Wow! The weather these days is crazy. The thermometer may bobbing up and down, and your fitness routine may change (daily), but you'll never have to worry about foot comfort!



Whatever your sport, whether it's walking, running, skating, skiing, hockey or building snowmen, [custom orthotics](#) with dynamic cushioning provide comfort – and that will help you perform better!

Custom orthotics are made especially for YOUR feet. They support or supplement weakened or abnormal joints.

Orthotics are custom devices (inserts worn in your shoes, boots, or skates) designed to alleviate the pain and discomfort you may suffer from conditions such as [arthritis and joint pain](#) and foot disorders such as [fallen arches](#), heel spurs, [bunions](#), [sport injuries](#), etc. Ouch! Why continue to suffer when there may be an alternative to pain?

Speaking of arthritis, the Arthritis Foundation recommends orthotics to relieve pressure on the joints. [Read the article here: https://www.arthritis.org/living-with-arthritis/pain-management/joint-protection/foot-pain-shoe-inserts.php](https://www.arthritis.org/living-with-arthritis/pain-management/joint-protection/foot-pain-shoe-inserts.php)

If you would like to learn more about [custom orthotics](#) that will help you put the WIN in winter (whatever the temperature) or the SPRING in your step, [book an appointment](#) with us for a consultation. The Werkman Foot & Orthotic Clinic is conveniently located in Oakville on the northwest corner of Maple Grove Drive and Cornwall Road. You'll be happy you did. ☺

## Three Jokes About the Weather *(because there's always room for laughter)*

- Husband: Gosh, it's raining cats and dogs! Wife: I know - I just stepped in a poodle!
- What is the technical term for a warm and sunny day that follows two days of rain? Monday.
- Who is it that everybody listens to but nobody believes? The weatherman, er.. person.

# How to Prevent Amputations: Heal Diabetic Foot Ulcers with Off-Loading!

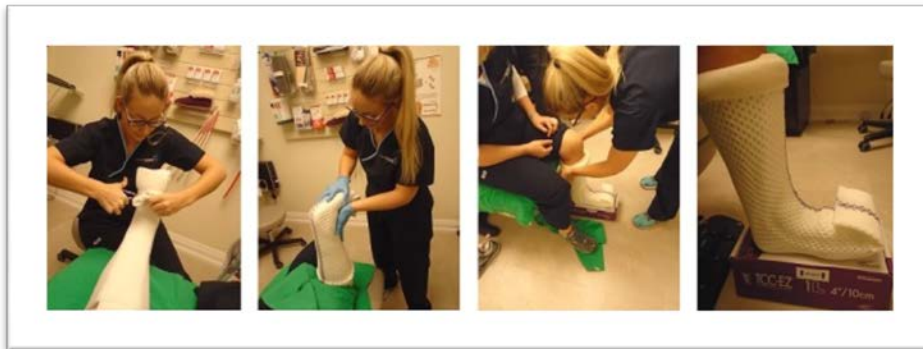
## Weight Distribution Technique for Treatment of Diabetic Foot Ulcers and Wounds.

The most important aspect to [healing an ulcer or wound](#) on the bottom of the foot is to reduce weight bearing pressure on the area. Research tells us that Total Contact Casting (TCC) is by far the most effective way of achieving that off-loading.

**Why are we telling you this?** According to the Canadian Diabetes Association:

**In Ontario, there is 1 amputation every 4 hours as a result of a diabetic foot ulcer.**


The **Total Contact Cast** closely conforms to the exact shape of the foot – creating a chamber perfect for healing. It works by redistributing weight off of your foot ulcer so it can heal.



The **Total Contact Cast system** is considered to be the gold standard among most experts, believing it to be the best method – for achieving proper off-loading to help heal diabetic foot ulcers.

### Don't be a statistic!

To [learn more about how the Total Contact Casting system can help you](#), contact us today.

Learn more about [Diabetic Footcare and Education](#) at the [Werkman Foot & Orthotic Clinic](#) in Oakville. 

Why action is needed to **prevent amputations** in Ontario 

<p>In 2015, 1.5 million Ontarians were living with diabetes</p> <p> 16,600 to 27,600 had a diabetic foot ulcer</p> <p>Nearly 2,000 had an amputation below the knee </p> <p> 800 associated premature deaths</p>	<p>In Ontario, there is 1 amputation every 4 hours as a result of a diabetic foot ulcer </p> <p>When an ulcer heals properly: <b>~ 5 days</b> in the hospital, ER and clinics </p> <p>When an ulcer leads to amputation: <b>~ 86 days</b> in the hospital, ER and clinics </p> <p>Direct health-care costs: Up to <b>\$400 million</b> a year </p>
<p><b>What can we do?</b></p> <p>In addition to improved screening and foot care, increased government funding for specialized devices can help prevent amputations and <b>save our health-care system up to \$75 million</b> a year.</p>	<p>Ask the Government of Ontario to <b>take action</b> for our health.</p> <p> </p>

# How to Keep Your Feet Healthy in the Cold.

## *Prepare and Protect Your Feet from the Low Temperatures.*

Unfortunately, cold weather can be harder for people with conditions like poor circulation and diabetes. These conditions can make it difficult for you to know when your feet are too cold. Just because the calendar says it's March, doesn't mean it's actually warm outside.

### **Book your Footcare Check up today! We offer:**

- [Comprehensive foot exams and treatment options](#)
- [Diabetic footcare, including education and care for ulcers and wounds](#)
- [Custom-made Rx Orthotics](#) for sports (hockey, figure skating, skiing, snowboarding and snow shovelling – yes, we consider snow shovelling a sport!)
- [Ingrown nail surgery](#)
- [Cortisone injections](#)
- Treatment for [thick and fungal nails](#), [flat feet](#) and [high arches](#).



### **Watch for Chilblains!**

Chilblains are a common cold weather foot problem. Chilblains are small, red, itchy swellings on the skin. They are caused when the skin is exposed to cold weather for long periods of time. In the cold, the blood vessels in your toes get smaller in size.

When your toes get warm again, the blood vessels go back to their normal size. If your toes get warm too fast, blood can leak out of the blood vessels and cause the redness, swelling, blistering, and pain associated with chilblains. Chilblains usually form on the smaller toes, but they can also develop on areas of the feet that carry more pressure — the same areas where bunions, corns, and calluses form.

### **How to Prevent Foot Problems**

The first thing you can do to give winter the cold shoulder is to be sure you are keeping your feet covered and warm when you are outdoors. When you return home, do not rush to heat your feet. Do not dip your feet in a warm foot bath or use a heated blanket. If you have a fireplace, do not warm your feet by placing them close to the fire. Let your feet warm up a little at a time. Try walking around the house or gently massaging your feet to warm them.

For more information on winter footcare, contact our [Oakville Foot & Orthotic Clinic](#) today! We're a [friendly bunch!](#) ☺





## Exciting News from the Werkman Family *Guess Who's Engaged?*

It was a December to remember. Erik popped the proverbial question on December 2 and Kaitlin answered in the affirmative!

Congratulations to the happy couple. 

## We're Getting Social

Go ahead and check out Werkman Chiroprapy Oakville on these Social Networks! We appreciate your suport!

*Find Us On Facebook!*

<https://www.facebook.com/werkmanchiroprapyoakville>




*Connect With Us on LinkedIn*

<https://www.linkedin.com/company/j-richard-werkman-chiroprapist/>



## Werkman Chiroprapy Blog & Newsletter...

Would you like to receive updates about new products, services, and special offers? Subscribe to our bi-weekly blog or quarterly newsletter today!

We're looking forward to seeing you again soon! Visit the contact page of our website at [www.werkman.ca/contact-us/](http://www.werkman.ca/contact-us/) to see clinic hours and to book an appointment. 

Routine Foot Care | Corns and Calluses | Plantar Warts | Thick or Ingrown Nails | Injections  
Heal/Arch/Foot Pain | Custom Made Orthotics | Nail Surgery | Diabetic Footcare and Education

J. Richard Werkman, D.Ch., B.Sc., Podiatric Medicine  
Oakville Foot & Orthotic Clinic  
1495 Cornwall Road, Suite 33, Oakville L6J 0B2  
905.845-4817 | [info@werkman.ca](mailto:info@werkman.ca) | [www.werkman.ca](http://www.werkman.ca)

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