



Fall 2017 Edition

New Places & New Faces

R. Kim

The Foot Care Centre has undergone many changes since the last Footnotes newsletter! We are currently located on the first floor of 77 Grenville St. across from the beautiful new Women's College Building. Our clinic space is bright and open, with a dedicated orthotic modification laboratory.

We have two new practitioners at the Foot Care Centre, Sarah Higgins and Rachel Kim. They are registered Chiropractors (foot specialists), trained at the Michener Institute for Applied Health Sciences here in Toronto. Julie Giroux and Todd Tran, who are Occupational therapists with Pedorthic training (specialists in orthotics and orthopedic footwear)

We are happy to see you for foot and ankle pain, concerns and questions!



Above, Left to Right: Todd, Julie, Rachel and Sarah

Left: Entrance to our offices on the main floor of 77 Grenville Street.

Women's College Hospital Foot Care Centre

The **Foot Care Centre** is dedicated to providing excellent service, quality products, and expertise in the treatment of foot problems. The range of services we offer includes:

- Biomechanical foot assessment
- Gait Analysis
- Casting, prescription, fitting and modification of off the shelf and custom made foot orthotics
- Education and advice on proper footwear and foot care
- We do not currently offer foot care treatment (e.g. nail care, treatment of warts, calluses etc)
- The Foot Care Centre includes a store, which is open to the public. Specialty retail products can be purchased here without an appointment.
- Retail sale of foot care products include compression garments, specialty socks, off the shelf insoles, digital devices and more!

Clinic/Store Hours

Monday-Friday: 8:30AM – 4:30PM
Closed: Noon – 1:00PM
By appointment only
footcarecentre@wchospital.ca

Gel Heel Cup \$ 11.95
Cushions Sore Heels



This gel heel cup provides extra comfort and cushioning to sore heels. Gel provides shock absorption to lessen the impact of daily walking on sore heels and joints.

Silicone Toe Sleeves \$ 10



Toe sleeves help to relieve friction irritation caused by toe deformities rubbing against footwear or adjacent toes.

2 per package (Sizes Small or Large). Can be cut for a more customized fit.

Helpful Tips for Hammer Toes

S.Higgins

If your toes appear clawed or bent at an odd angle, you may have hammer toes. Hammer toes are a common foot problem that may be caused by ill-fitting footwear, low foot arches, or high foot arches. The clawed position of the toes often causes increased pressure at the ball of the foot and irritation on the top of the toes, often causing corns or blisters.



Shoes should fit comfortably

Avoid poor-fitting shoes



Proper fitting footwear with a deep toe box can alleviate pressures on the top of the toes during the day. Silicone toe sleeves may also be applied to toes to reduce any friction caused by this deformity.

If hammer toes are flexible, meaning they can easily be straightened, they may be able to be corrected over time with proper footwear and custom foot orthotics. Rigid hammer toes that are fixed in place can be accommodated with proper footwear and silicone sleeves but may need a bony surgery to be completely corrected at the discretion of a physician.

Hammer toe deformities are often an indication of a larger underlying biomechanical foot problem. If you are suffering from hammer toes come visit us at *Women's College Foot Care Centre* for a full biomechanical assessment and gait analysis to determine the root of the problem.