



Paul A. Scotti
 Certified Pedorthist
 Registered Chiroprapist
 Foot Specialist

Quote of the Month...

“Only a fool tests the depth of the water with both feet.”

African Proverb

Ask Us About:

custom orthotics



Shockwave Therapy



Magnetic Biostimulation



Please enjoy this monthly newsletter, written especially for our patients and those whom you care about. If this month's topic can benefit a friend or family member, please feel free to pass it on so that others can experience the same superior service that you have come to know!

Special Care for Athletes' Feet

Athletes' feet require some special attention. No, not Athlete's Foot, an itchy and annoying fungal infection of the feet that anyone can get (not just athletes!) – what we're referring to here are athletes' feet!

When it comes to athletes, we not only focus on the treatment of sports-related injuries, we also provide you with advice on how to avoid them in the first place.

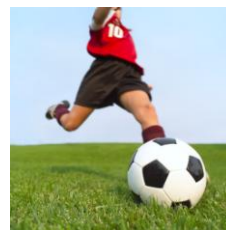
If you engage in winter sports, such as skiing, skating and ice hockey, you need to make sure that you use proper footwear and thick socks that "wick" away moisture caused by your feet sweating in your boots. Wet feet during winter activities place you at serious risk for frostbite that can result in loss of toes.

Also, your feet are the steering mechanism, gas pedal and brakes for many sports, which make them vulnerable to injury if an accident occurs. Ankle sprains and strains are even more common in winter sports.

If you're a golfer, the

repeated action of swinging a golf club can result in a condition known as *hallux limitus*, a deterioration of the big toe joint. This occurs when a golfer overextends the big toe joint on the back foot during follow through after hitting the ball.

In time, this condition can cause arthritis, making it difficult to continue playing golf. So, if you experience pain or swelling in the area of the big toe, it's important to come in right away for an examination – before the condition deteriorates and it takes you out of the game forever.



The shoe you wear must match the sport you play to reduce injury!

In terms of soccer, cleats that combine control and comfort are optimal. Selecting the proper shoe for the athlete's type of foot improves overall performance and helps decrease the risk of injury during play.

Novice and avid runners alike, who run more than 3 times per week, need to know that a cross trainer type of running shoe works best.

Running shoes are usually roomier in the toe area to compensate for increased pressure on the mid foot while you're running. The heel might be slightly higher to keep the ankle more supported and reduce lower leg stress. Increased shock absorption and stability are other running shoe features.

Shoes are not the absolute in footgear. Orthotics take support and control to a whole new level. Orthotics are custom manufactured with your specific foot in mind. Ask us about orthotic options for your sport or activity.

Injuries are a very common occurrence in sports, but with sound advice and careful planning we'd like to help you remain healthy so you can stay "on course"!

Please consult with us if you have questions about proper footwear, custom orthotics, ankle braces or if you experience a sports-related injury. We're here to help!

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Website

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Office Hours:

Monday: 9:30 a.m. – 5:30 p.m.

Tuesday: 9:30 a.m. – 5:30 p.m.

Wednesday: 1:00 p.m. – 7:30 p.m.

Thursday: 9:30 a.m. – 5:30 p.m.

Friday: 9:30 a.m. – 5:30 p.m.

About Our Practice

The **West Toronto Foot & Ankle Clinic** is a full service foot care facility employing both a Registered Chiropodist and a Certified Pedorthist. With our education and experience you can be assured of the very best in professional health care.

At **West Toronto Foot & Ankle Clinic** we use all the latest techniques and advances in the field to maximize our ability to accurately evaluate and treat your individual and specific foot care needs!

West Toronto Foot & Ankle treats all types of foot problems in children and adults, including corns/calluses, bunions,

ingrown toenails, heel pain/spurs, arthritis of the foot, hammertoes, fungal nails, diabetic foot care, wound care, warts, neuromas, sports injuries, and trauma.

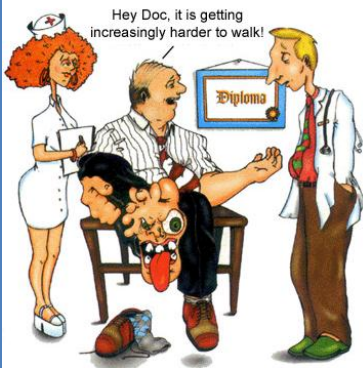
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

Mr. Scotti completed the Chiropody program at The Michener Institute of Applied Health Sciences (Toronto) and is now a Registered Chiropodist (D.Ch) with the College of Chiropodists of Ontario.

Mr. Scotti is the only known Registered Chiropodist or Podiatrist who is also a Certified Pedorthist (C) in all of Canada. This gives him unique and unparalleled experience that he brings to the clinic. As a result, all the custom orthotics are manufactured onsite by Mr. Scotti.

Our clinic offers comprehensive foot and ankle care in a progressive environment. Our qualified staff is friendly and will ensure a pleasant visit.

At **West Toronto Foot and Ankle**, we look forward to treating you.



Other modalities include:

- Shockwave Therapy
- Laser Therapy
- Biomagnetic Stimulation
- Ultrasound
- F-Scan pressure mapping
- Electro surgery
- Vascular testing

Keeping you active and on your feet!

SERVICES:

At the West Toronto Foot & Ankle Clinic we specialize in a variety of foot-related conditions and products, such as:

- Custom Orthotics manufactured on site
- Custom Footwear
- Orthopedic Shoes
- Compression Stockings
- Footwear Evaluations
- Biomechanical Assessments
- Diabetic Foot Care
- Ulcer Management
- Wound Care
- Soft Tissue Surgery
- Nail Surgery
- Complicated/Complex foot care
- Ingrown Nails
- Planter Warts
- Calluses/Corns
- Nail Care
- Foot and Nail Fungus
- Nail and Skin Infections
- Planter Fasciitis/Heel Pain
- Sports Injuries
- Morton's Neuroma
- Pediatrics
- Ankle Sprains
- Foot care products

