



**Mr. Paul A. Scotti**  
 Certified Pedorthist  
 Registered Chiropodist  
 Foot Specialist

## Quote of the Month...

**“The place where you made your stand never mattered. Only that you were there...and still on your feet.”**

Stephen King

## 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!

## Fall Sports and Foot Care

It's hard to believe when you're sitting in 95° heat that fall sports are just around the corner. However, practice for many of the fall sports begin long before your child returns to school after a relaxing summer vacation.

Does your child play a fall sport? Perhaps soccer or football? If so, then most likely you're aware of the potential risks for injury. In fact, you may have even witnessed an incident when a player got hurt.

Ankle injuries are very common in many sports, but there are many ways to decrease the likelihood that they will occur. And let's face it...what child wants to be sidelined with an ankle or foot injury?

Keep these tips in mind as your child begins fall sports practice – it may save you and your child a lot of down time as your summer nears an end and school starts up again!

- Buy new shoes – even if the ones from last

year still fit. Wear and tear on athletic shoes can cause uneven surfaces making injury more likely to occur.

- On that same subject – when you purchase new shoes, make sure they fit properly. They may or may not be the same size as your child's regular shoes due to the requirement for thicker socks, for example.
- Make sure the shoes are the right shoes for the sport your child is playing. Some sports require cleats for better performance and turf handling.



**Fall sports can cause potentially serious foot and ankle injuries.**

- Make sure the playing field is properly maintained to reduce injuries. Many falls are attributed to uneven playing surfaces. Parents should be encouraged to take a walk on the field to look for “pot holes” that might trip up a player and cause an injury. Alert the coaches/officials to any areas of concern
- Make sure you child stretches and “warms up prior to game time to reduce the risk of injury.

We all know – accidents do happen. If your child is injured in a game, be sure to secure prompt attention and appropriate treatment for the injury. Delay if there is a cause for concern can certainly make matters worse, especially with children who are still growing.

Remember – it's always better to seek qualified medical care. Any questions? We're always here to answer them!

**WEST TORONTO FOOT & ANKLE CLINIC**

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**Phone**

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416.253.0079

**Website**

[www.footankle.ca](http://www.footankle.ca)

**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.

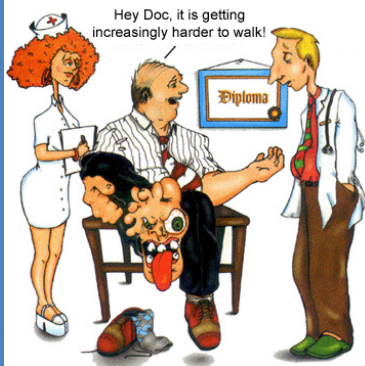
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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.

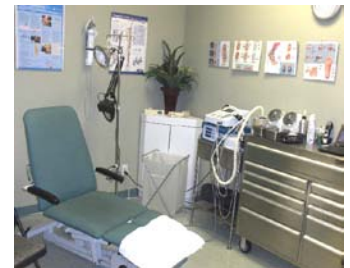


## Keeping you active and on your feet!

**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



**Other modalities include:**

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