



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

Quote of the Month...

"If you want children to keep their feet on the ground, put some responsibility on their shoulders."

Abigail Van Buren

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!

All You Need to Know About Morton's Neuroma

Morton's Neuroma - it sounds serious enough — but what is it? What causes it? And how is it treated?

A neuroma is an enlarged or thickened nerve and Morton's Neuroma is usually located in the interspace between the third and fourth toes. That area of the foot is particularly vulnerable because two nerves combine in that space and become larger in diameter than any of the other nerves going to other toes.

What causes this nerve enlargement? The leading cause seems to be compression on the nerve and irritation. The condition is more common in women and it makes sense because many women wear shoes that force their toes into a very cramped toe space.

Other causes include activities that repeatedly irritate that part of the foot, such as basketball or jogging. We also see Morton's Neuroma in patients who have other foot conditions, including flat feet, bunions, and hammertoes. An accident

or injury to the foot can also cause the neuroma.

The symptoms of Morton's Neuroma include:

- Pain
- A feeling that something is in your shoe, sock or foot
- Tingling or numbness in the toes
- Burning sensation in the ball of the foot

The condition starts out slowly, with intermittent pain. Left untreated, Morton's Neuroma results in permanent nerve damage to the foot. Early diagnosis is always best from a treatment standpoint.



This illustrates the area of the foot affected by Morton's Neuroma

How is this condition treated? It really depends on how advanced the neuroma is and the severity of the symptoms. Non-invasive/non-surgical solutions are always our first

choice. These might include icing the area, wearing shoes that are wider in the toe area, refraining from repetitive sports activities, cortisone or anesthesia injections, custom biomechanical orthotics to reduce pressure on the nerve and medications to reduce inflammation and pain.

If a patient doesn't respond well to the more conservative treatments, surgery may be indicated. There are several different types of surgery, with different approaches, to remedy the condition. Recovery time and the time it takes to be able to put pressure on the foot vary by procedure.

Surgery alone, is not the answer. Patients need to address issues that contributed to the neuroma in the first place and resolve them because the condition, along with all its symptoms can recur.

Please let us know if you have any of the symptoms of Morton's Neuroma, so that we can conduct a thorough examination to arrive at a proper diagnosis.

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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.

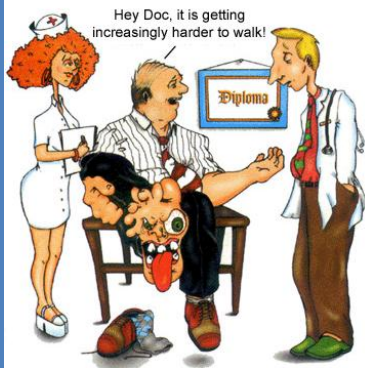
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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.

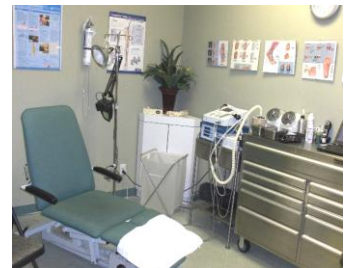


Keeping you active and on your feet!

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