



Mr. Paul A. Scotti
 Certified Podiatrist
 Registered Chiropractor
 Foot Specialist

Quote of the Month...

"The foolish man seeks happiness in the distance; the wise grows it under his feet."

James Oppenheim

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!

Pediatric Fixes for Flat Feet

Years ago when a child had flat feet, there really wasn't a whole lot that could be done to change them as the feet continued to develop.

Well, times have changed and now there are a number of steps that we follow to prevent problems down the road that can result from having flat feet.

First off, let's make it clear that children are born with flat feet; arches don't begin to form until about the age of three or four. So, flat feet up until that age really pose no serious problems, unless the child's shoes are wearing out quickly. In this case, we might recommend arch orthotics, although they do nothing to influence the shape or development of the feet.

If the flat feet don't cause any problems as the child ages, no treatment is generally required.

However, if the child begins to experience chronic pain in the feet, ankles or lower legs, or starts tripping and

falling often, or he or she has trouble keeping up with peers in competitive sports, then we recommend some type of surgical intervention to correct the flat feet.

The most common procedure to correct flat feet in children is a 20-minute procedure during which we insert a titanium implant into the *subtalar* joint of the foot. This implant holds the joint in place so that, as the foot grows, muscles, tendons and bones grow into their proper position in the foot.

Placing the implant in this position creates the proper arch that leads to the correct development of the feet. As the child grows, his or her body (ankles, legs, hips, lower back and neck) is far more likely to be properly aligned because the foundation of the body, the feet, are firmly grounded!

There is some debate over the age at which this surgery ought to be performed. Some podiatric surgeons feel that when it is performed at a younger age, the child's arches

are corrected even before the feet begin to have any problems. Others believe it is better to wait until the child is a bit older to see whether or not the flat feet cause any pain.



Flat feet in children can grow into even bigger problems if left untreated!

Of course, we have our own opinion which we will be happy to discuss with you – so just feel free to ask us!

At our office, we welcome the opportunity to speak with you about the various options available for the treatment of flat feet in children or any other foot condition that may be affecting you or a member of your family.

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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.

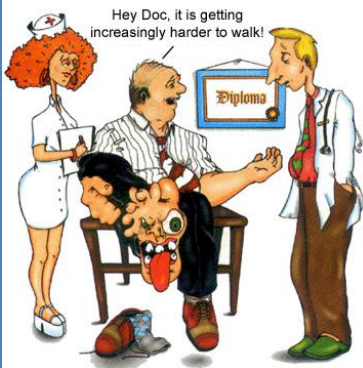
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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.

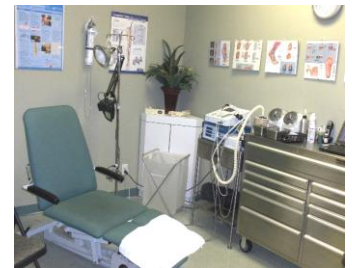


Keeping you active and on your feet!

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