



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

## Quote of the Month...

*"You can't put your feet on the ground until you've touched the sky."*

Paul Auster

## 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!

## Making Pregnant Feet Happy Feet

Pregnancy is a time of great joy and anticipation, whether it's your first child or your fourth! But it's also a time when women are prone to substantial weight gain because, after all, they're eating for two, or maybe even three or four!

This additional weight can wreak havoc on your back, your legs, your ankles and your feet and we've had many a pregnant patient exclaim, "What can I do about my aching feet!"

Foot pain during pregnancy is not at all unusual –and although it can occur at any time during the pregnancy, it typically begins during the second trimester.

Foot pain in pregnancy is usually attributed to edema or excess fluid build up which can affect the woman's ankles, heels, arches and/or the balls of the feet. Fluid build up is often the result of additional weight and the position of the growing fetus *in utero*.

If edema isn't confined to the ankles and feet, and it affects other parts of the

body, such as the hands or face, this should be checked immediately because it could signal a more serious pregnancy-related condition.

When you first discover that you're pregnant, there are a number of precautions that, if taken, will really take the load off your feet and reduce the incidence of pain and swelling.



**Pregnancy edema can cause extreme swelling in the feet and ankles that can really be quite painful!**

What types of precautions can you, the mommy-to-be take to keep your feet from becoming a pregnancy hazard?

- To reduce swelling, put your feet up whenever possible to take pressure off the lower part of the leg, ankles and feet.
- Don't cross your legs when sitting.

- Opt out of wearing any type of heels at all. There is an increased risk of injury when wearing heels because those heels are supporting more weight. Invest in a good pair of arch supportive sneakers or low-heeled shoes. Don't go barefoot.
- Avoid salt, chocolate and junk foods that help retain fluid; drink lots of water to help keep fluids in your body moving– including to the feet.

Anticipate an up to ½ size increase in your shoe size as a result of pregnancy. This is due to the release of the hormone, *relaxin*, which causes feet to spread longer and wider. Wearing biomechanical orthotics during pregnancy can prevent this.

Please don't let pain and swelling in your feet ruin your pregnancy. If your feet are bothering you, come in to see us so that we can make suggestions that will keep your pregnant feet, happy feet!

**WEST TORONTO FOOT & ANKLE CLINIC**

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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.

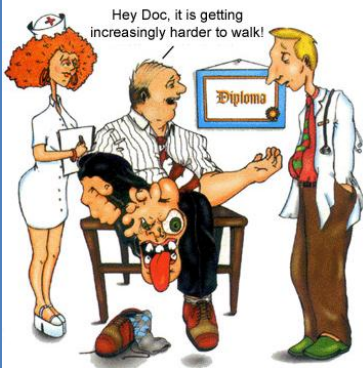
Mr. Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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.

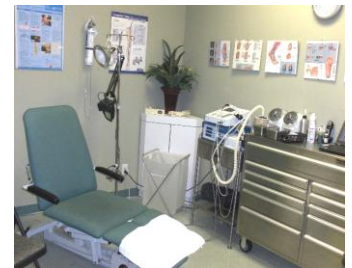


## Keeping you active and on your feet!

### 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