



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

Quote of the Month...

“A spirit in my feet said go and I went.”

Matthew Brady

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!

Take a Hike – But Do It Safely!

Ahhh, Autumn. Trees are changing color. The air is crisp. It's the perfect time of year for hiking. Not too hot. Not too cold. Perfect.

If you're new to hiking, you may think it's as easy as going to a sporting goods store, buying some hiking boots and finding a trail. Not so fast – it's just not that easy. Any seasoned hiker will tell you that when you're looking at rough and uneven terrain, the worst thing you can do is set out without the right shoes and socks or the proper conditioning.

If you don't want to experience the pain and agony of sore feet, here are some tips to keep in mind if you want to enjoy your hiking experience, whether or not it's your first time.

Invest in a good pair of hiking boots. Your footwear is the most important element of your hiking gear. After all – it's your feet that do all

the work in this sport.

- Make sure that your boots provide the right amount of support and that they're comfortable. Wear the same socks that you'll be wearing when you hike when trying on boots. Make sure you have enough "wiggle room" for your toes.



Get conditioned before you hit the trails if you want to stay on course.

- Try boots on later in the day, after your feet have had time to expand. Your feet will swell a bit while hiking, so you'll want to make sure your boots won't feel too tight.
- "Break in" new boots by wearing them in

the house or to the store. Take several short walks or hikes.

- Choose the right socks – they're just as important as your boots. Instead of cotton, select wool, or synthetic material that cushions and keeps feet dry. You are more apt to get blisters when feet are exposed to too much heat, friction and moisture.
- Stop at the first sign of discomfort. Remove your boots and change to dry socks. A small piece of duct tape can protect a "hot spot" from further injury.

It's important to remember not to push yourself if you experience any type of pain. If you injure your foot or ankle, contact our office as soon as possible. Early treatment can get you back to the trails in no time!

WEST TORONTO FOOT & ANKLE CLINIC

781 The Queensway
Unit N
Toronto, Ontario
Canada M8Z 1N4

Phone

416.253.6400

Fax

416.253.0079

Website

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.

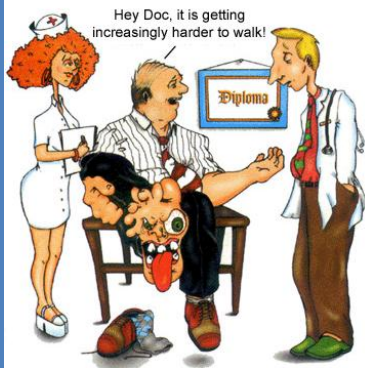
Paul Scotti is a member of the Pedorthic Association of Canada and has earned accreditation as a Certified Pedorthist from the Canadian Pedorthic Certification Board.

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.

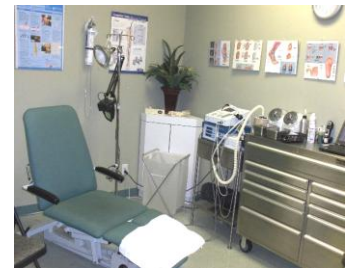


Keeping you active and on your feet!

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