

MARCH NEWSLETTER

The official monthly newsletter of Doctors Choice Rehab



Free Foot Scan

VISIT OUR CLINIC FOR A FREE BIOMECHANICAL ASSESSMENT OF YOUR FEET

BOOK A FREE CONSULT WITH OUR CLINIC DIRECTOR TO REVIEW YOUR RESULTS

YOUR HEALTH COMES FIRST

YOUR KNEE HURTS AND YOU WANT TO KNOW WHY. WHETHER IT'S AN INJURY, REPEATED STRESS, OR ARTHRITIS. DOCTOR'S CHOICE REHAB WILL HELP YOU WITH TREATMENT FOR YOUR PAIN AND PREVENTION!

CONGRATULATIONS TO THE PATIENT OF THE MONTH, JADE R.

HEEL PAIN SYMPTOMS



Heel Pain



Pain at arch
of foot



Swelling



Stiffness

YOU DON'T NEED TO SUFFER ANY LONGER;
GET RELIEF FROM YOUR FEET PAIN

WHAT IS HEEL PAIN?

Heel pain, commonly called Plantar Fasciitis is a common complaint that affects people of all ages and is most often associated with general wear and tear from daily activities like walking, high or low arches, inappropriate footwear, or trauma.

Heel pain typically can present on the bottom of the heel, and occasionally behind it. Pain at the bottom of the heel pain is most commonly caused by a strain of the plantar fascia, or the main ligament on the bottom of the foot.. Plantar fasciitis is inflammation in the plantar fascia in your foot.

WHAT ARE THE SYMPTOMS?

The location and severity of knee pain may vary, depending on the cause of the problem. Signs and symptoms that sometimes accompany knee pain include:

- Pain on the bottom or side of the heel
- Pain on the 1st step out of bed in the morning
- The pain is most intense when resuming activity after rest and tends to decrease with continued motion
- Pain in the arch of your foot.
- Stiffness.
- Swelling around your heel
- A tight Achilles tendon

WHAT CAUSES PLANTAR FASCIITIS?

Anything that irritates or damages your plantar fascia can cause plantar fasciitis, including:

- Being on your feet all day for work.
- Playing sports.
- Exercising or working on a hard surface (like a warehouse floor or the sidewalk).
- Exercising without stretching or warming up.
- Wearing shoes that don't support your feet well enough (like flip flops or flat, flexible sneakers).
- Walking or standing barefoot while you're at home.

Some health conditions can cause plantar fasciitis, including:

- High arch feet.
- Flat feet.
- Obesity (or gaining a lot of weight quickly)



To support & maintain the quality of life you deserve, we offer physiotherapy, chiropractic treatment, and massage therapy Doctor's Choice Rehab. Call us at (905) 453 2566 to find out more information.

WHAT TO EXPECT WHEN YOU SEE A CHIROPODIST



A chiropodist is a healthcare provider who specializes in diseases and disorders of the foot. They must be registered with the College of Chiropodists of Ontario. Your chiropodist can help you address conditions affecting the feet and lower limbs, including foot and ankle pain and sports injuries.

You can see a chiropodist at any stage in the development of plantar fasciitis however the sooner the better. The earlier the intervention the better opportunity to diagnose the cause and treat it effectively. Your chiropodist will do a biomechanical assessment and go through a thorough history to find out what caused the heel pain and come up with a management plan. This could include a number of interventions including physical therapy, cortisone, footwear modifications or orthotics.

Foot Pain



MEET OUR CHIROPODIST

NATASHA GLODON

Natasha Glodon is a new member of our team. She brings 25 yrs of experience to our clinic and has worked in many different areas of the profession in many leadership roles throughout her career. She has been involved with the clinical teaching of chiropodists at St. John's Rehabilitation Hospital in Toronto and was in the role of staff chiropodist and clinical resource at McMaster University Family Health Practice for 4 years.

She started Foot Oasis in north Burlington and was successful there for many years before deciding to expand to realize her dream of creating a multidisciplinary clinic to service the same community. A University of Toronto graduate with double majors in microbiology and human biology, Natasha is also a graduate of the Michener Institute for Applied Sciences. Natasha also completed an elective in Complimentary Medicine, which highlights the use of: acupuncture, therapeutic touch, chi gong, chiropractic and massage, and their application for chiropody