

Features of a good shoe:

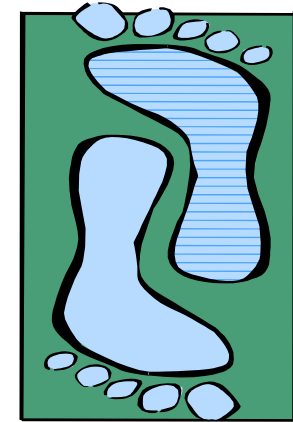
- Before buying shoes have your feet properly assessed and get familiar with features of the shoes that will be most beneficial for your feet.
- One foot is usually larger than the other. When you measure for shoes, measure the larger foot.
- Shoes should have good heel counter. Your heel should be cupped snugly by the back of the shoe.
- Shoes should have at least four eyelets for shoe laces.
- Shoes should be stiff at the arch area and should bend easily at the ball of the foot.
- There should be enough space in the toe area. Your toes should never be compressed by the toe box of the shoe.
- The heel should be broad and should not be higher than two inches.



For more information, or to arrange an appointment with the chiropodist, please call
416-925-2251, ext: 250
Email: footclinic@torontograce.org



The Toronto Grace Health Centre



The Chiropody Clinic is dedicated to providing professional care to the patients of the Grace Health Centre and to members of the community.

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(Bathurst and Davenport intersection)

Chiropody (pronounced Kir-op-ody)

Chiropodists and podiatrists are the only health care providers educated exclusively in the assessment and treatment of foot disorders.

Foot Facts:

The foot, usually not more than 13" long and 5" wide, carries up to 300 lbs. of weight.

- An average person takes approximately 18,000 steps a day, and in 70 years of life, walks about 70,000 miles.
- An average person weighing 125 lbs. and walking 1 mile puts 200 tons of weight through each foot.
- Feet are among the most neglected parts of our body

Treatments available:

- Treatment of nails, calluses and corns
- Treatment of ingrown toenails (including surgery)
- Infection of skin and nails
- Plantar warts
- Bunions (no surgery)
- Heel pain
- Shin splints
- Sport injuries of foot and ankle
- Diabetic foot care and diabetic education
- Foot ulcers and wounds
- Paediatric foot care
- Custom prescribed orthotics
- Footwear advice and custom prescribed footwear



A flat fee of \$40 for each routine treatment will be charged. Specialized services such as nail surgeries or orthotics will be charged according to market value.



Orthotics

Foot orthotics are custom made orthopaedic devices that fit easily and discreetly into most casual shoes.

Custom made orthotics can provide relief of foot-related symptoms in the ankle, knee, hip and lower back. This is done by balancing the feet and restoring proper foot function and stability.

Similarly like prescribed eyeglasses, orthotics should be custom made in order to fit properly and to be effective in addressing the treated condition.