

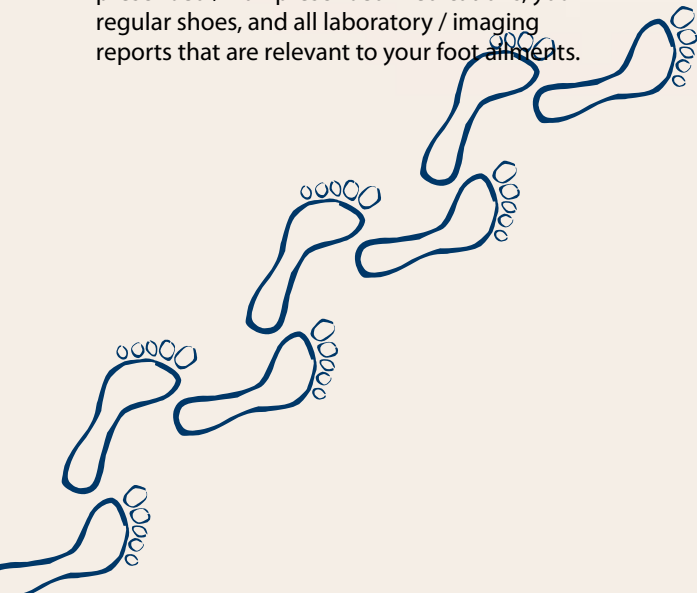
What to Expect During Your Initial Visit

This clinic is a teaching facility. We are committed to providing our patients with high quality foot care, utilizing the most recent techniques and advances available. Your care will be performed by students in The Michener Institute's Chiropractic program. Students treat under the supervision and guidance of licensed Chiropractors who are also clinical faculty.

There may be more than one student involved in your care during each appointment. We ask for your cooperation with this to ensure students get quality instruction and hands-on experience at this teaching clinic.

You may not see the same student or clinical faculty during each visit, but continuation of care is ensured through detail clinical recording and patient response to previous treatment.

Please bring in your referral (if any), a list of prescribed / non prescribed medications, your regular shoes, and all laboratory / imaging reports that are relevant to your foot ailments.



Location

The Michener Chiropractic Clinic is located at 222 St. Patrick Street, right near University Ave. and Dundas St.

TTC Access

Take the subway to St. Patrick station on the University line. Walk west on Dundas St. (towards The Grange). St. Patrick Street is the second street on the right, directly across from Village by the Grange. Go north up St. Patrick.

By Car

From the west end of Toronto:

Take the QEW. The QEW becomes the Gardiner Expressway. Exit at Spadina. Turn left on Spadina Ave. Turn right on Dundas St. West. Turn left on McCaul St. Turn right on Elm St. Turn right on St. Patrick Street. Arrive at 222 St. Patrick Street.

From the east end of Toronto:

Take the Don Valley Parkway south. Take the Bayview Avenue/Bloor St. exit. Head left on Castle Frank Rd. Turn right on Bloor St. East. Turn left on University Ave. Turn right on Elm St. Turn left on St. Patrick Street. Arrive at 222 St. Patrick Street.

Please note: Parking is not available at The Michener Institute. Public parking can be found at various locations near the building on Murray St. or McCaul St.

t. 416.596.3108, f. 416.596.3183
222 St. Patrick Street
Toronto, Ontario M5T 1V4
www.michener.ca/chiropractic

steps to
maintaining
healthy feet



steps to maintaining healthy feet

What is Chiropody?

“Chiropody is the assessment of the foot and the treatment and prevention of disease or disorders of the foot by therapeutic, surgical, orthotic and palliative means”

- The Chiropody Act, 1991

Chiropodists are primary health care providers. We treat people of all ages and activity levels. A referral or previous diagnosis is not required to visit a Chiropodist.

We offer general and preventative foot care for a wide range of foot conditions. We treat at all the levels of the foot, from surface skin infections to bone and joint pain.

Your first visit will include a full history and foot exam which will allow us to develop a comprehensive management plan to meet your foot care needs.

Chiropody services may be covered by your third party insurance, check with your plan administrator for more details.

Who needs foot care?

Chiropodists provide foot care to meet the needs of many patient groups. Some of the groups we treat include the following:

Pediatrics

- In toeing out toeing
- Tired legs, asks to be carried
- Rheumatoid and osteo arthritis
- Reduce pain, slow development of foot complications

Geriatrics

- Corns and calluses
- Nail care

Athletes

- Prevention and treatment of repetitive strain injuries

Diabetes

- Risk assessments
- Foot care
- Wound prevention and treatment

Post-Trauma

- Rehabilitation from injuries
- Support of damaged joints

People with Painful Feet

- Heel pain
- Arch pain
- Fallen arches

What can a Chiropodist do for me?

Chiropodists are trained to treat a variety of different foot problems. These problems include the following:

- Thickened toenails
- Ingrown toenails
- Fungal nail or skin conditions
- Foot, ankle, knee, hip or back pain
- Corns and calluses
- Plantar warts
- Diabetic wound care
- Arthritic foot care
- Bunions and other toe deformities
- Dry and cracked skin
- Congenital foot deformities
- Neuromas and peripheral neuropathies
- Sports injury and repetitive strain injuries

What might my treatment involve?

- Footwear advice
- Custom made or Customized footwear
- Custom orthotics and ankle braces
- Therapeutic modalities, ultrasound, tens, stretching, strengthening, heat/cold
- Steroid injection or oral medications
- Minor surgical procedures
- Hands-on care; nail and skin management