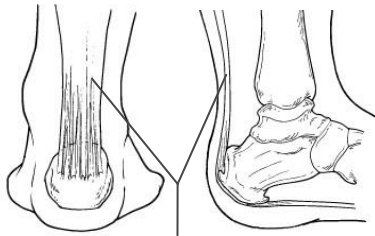


Achilles Tendonitis

Pain to the back of the leg and heel

The calf muscles attach into the Achilles tendon, which inserts onto the back of the heel bone. The main role of the tendon is to flex the ankle downward to propel the body forward while walking. Achilles Tendonitis (AT) occurs when the tendon becomes inflamed and causes pain. The pain can often be worse first thing in the morning or with prolonged activity, stretching of the tendon, or pressure from shoes. Symptoms may include a tender bony lump (Haglund's deformity) at the insertion point or a general thickening of the tendon. AT is more common in athletes or individuals with excess weight.



Achilles Tendon

To treat this condition, the tendon needs to be offloaded by wearing an orthotic with a deep heel cup and heel lift. This decreases the strain and workload on the tendon throughout the day to allow for healing.

Further treatment modalities include:

Orthotics	Silicone AT Sleeve
Orthopaedic footwear	Compression sock/sleeve
Never going barefoot	Night Splinting
At home icing/stretching/exercises	
Physiotherapy (Ultrasound/Laser/Shockwave/Massage)	
Anti-Inflammatories (Oral and Topical)	
Injections (Steroid and PRP)	
Casting (Walking Boot and Plaster)	
Other	

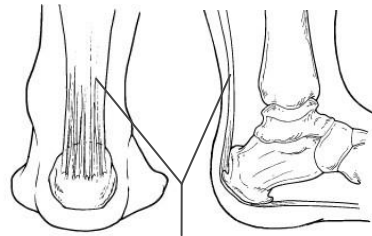
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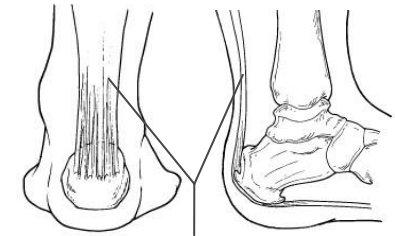
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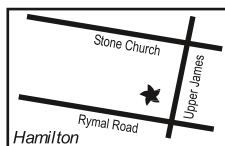


TENDER MEDICAL TREATMENT FOR:

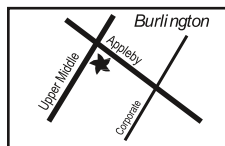
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic footwear
Custom orthotics	Shoe modifications
Compression Hose	Custom bracing

FOOTCARE PLUS:

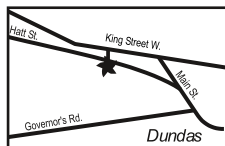
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to Family Physician
7. Fully private treatment suites
8. Licensed to prescribe medications if necessary
9. Recognized by major insurance carriers
10. Direct billing to many insurance companies



THE HAMILTON FOOT CLINIC
 1508 Upper James Street
 Hamilton, Ontario L9B 1K3
 Phone: 905-385-4251
 Fax: 905-385-1414



THE BURLINGTON FOOT CLINIC
 #22-1960 Appleby Line
 Burlington, Ontario L7C 0B7
 Phone: 905-681-2388
 Fax: 905-681-1871



HEWAK FOOT CLINIC
 60 Hatt Street, Suite 202
 Dundas, Ontario
 (Above Rexall Pharmacy)
 Phone: 905-628-8585

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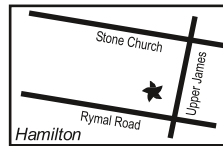


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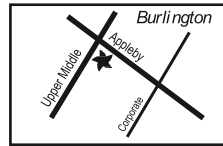
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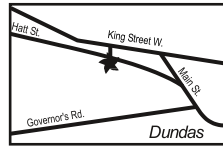
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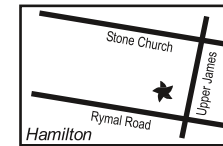


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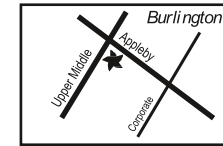
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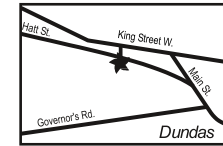
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