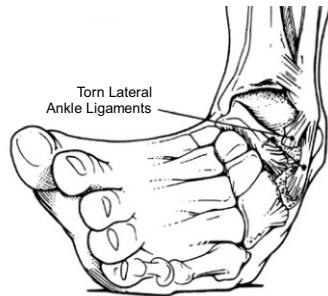


Ankle Inversion Injury (Ankle Sprain)

An acute injury where the ankle is forcibly rolled outwards, which can cause pain and instability to the outside of the ankle

An ankle inversion sprain involves an incident where the ankle joint rolls outwards past a normal range of motion. This can stretch and cause damage to several structures of the outer ankle including the anterior talofibular ligament (ATFL) and the peroneal tendons. Injuries to these structures are more common in individuals with high arches.



To treat this condition, the outer foot and ankle needs to be supported to prevent the ankle from rolling outwards. This decreases the strain and workload to the ankle to allow for healing. This is accomplished by wearing custom made orthotics with an outer (lateral) support wedge and ankle bracing.

Further treatment modalities include:

- Orthotics
 - Orthopaedic footwear
 - Never going barefoot
 - 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
- Orthotic adjustments
 - Compression sock/sleeve
 - AFO bracing

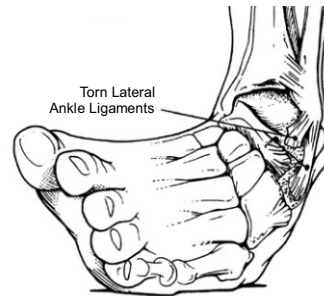
"Put your feet in our hands"

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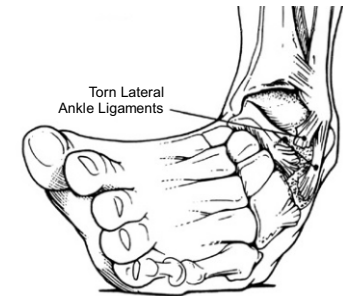
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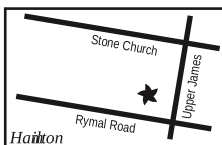


TENDER MEDICAL TREATMENT FOR:

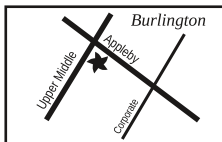
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic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

FOOTCARE PLUS:

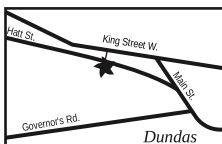
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to 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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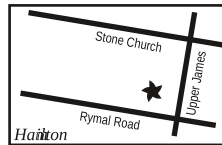


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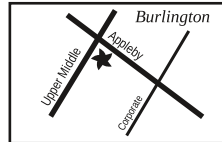
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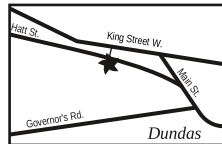
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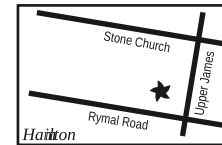


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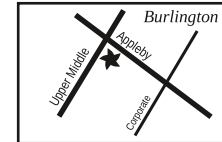
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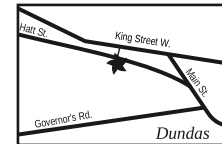
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