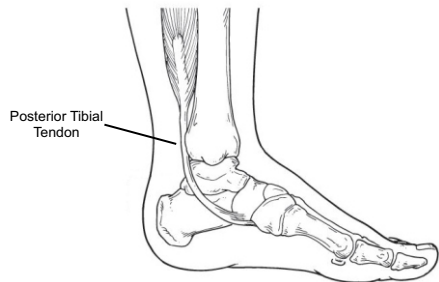


Posterior Tibial Tendon Dysfunction (PTTD)

Pain along the inner aspect of the ankle and into the arch of the foot

The main role of the posterior tibial tendon is to hold up the arch to prevent pronation (flattening) while standing or walking. It is prone to tendonitis (inflammation of the tendon) which leads to degeneration and reduced functionality. If left untreated, a flat foot deformity can develop.



To treat this condition the arch and ankle needs to be supported and stabilized to prevent pronation. This decreases the strain and workload on the posterior tibial tendon to allow for healing. This is accomplished by wearing supportive footwear, custom made orthotics and custom 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

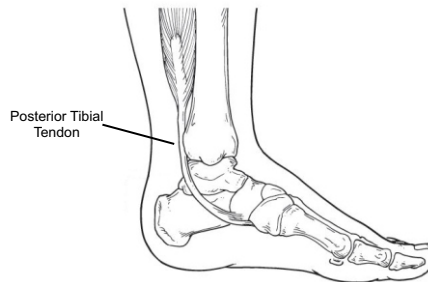
"Put your feet in our hands"

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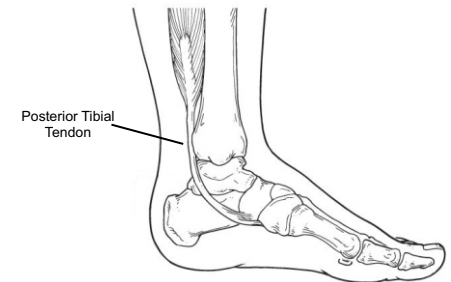
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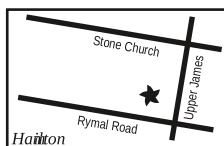


TENDER MEDICAL TREATMENT FOR:

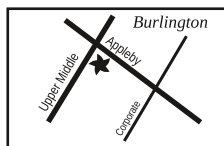
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic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

FOOTCARE PLUS:

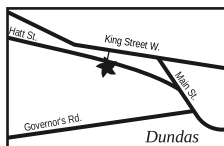
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to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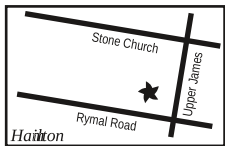


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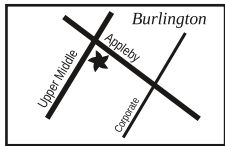
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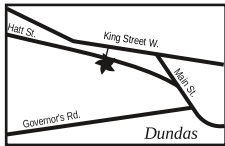
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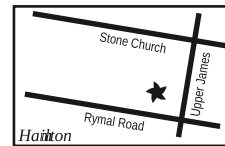


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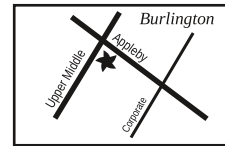
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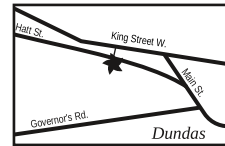
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