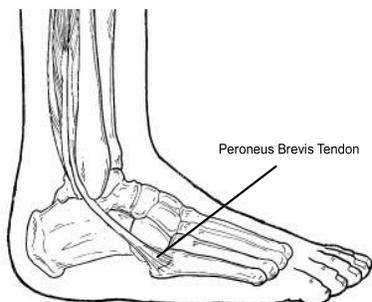


Insertional Peroneus Brevis Tendonitis

Pain to the outside of the foot

The main role of the peroneus brevis tendon is to stabilize the ankle to prevent the ankle from rolling outwards. It inserts (attaches onto) the outside of the foot at the 5th metatarsal bone, and this area is prone to tendonitis (inflammation of the tendon). A tender bony lump can often be felt at the insertion point. It is a common site of injury after an ankle sprain or in individuals with high arches.



To treat this condition, the outside edge of the foot needs to be supported to prevent the foot and ankle from rolling outwards. This decreases the strain and workload on the peroneus brevis tendon to allow for healing. This is accomplished by wearing custom-made orthotics with a lateral (outer) support wedge.

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

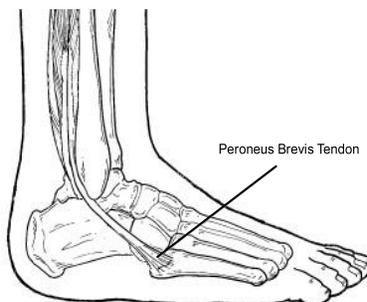
"Put your feet in our hands"

WWW.HEALTHYFEET.NET

Insertional Peroneus Brevis Tendonitis

Pain to the outside of the foot

The main role of the peroneus brevis tendon is to stabilize the ankle to prevent the ankle from rolling outwards. It inserts (attaches onto) the outside of the foot at the 5th metatarsal bone, and this area is prone to tendonitis (inflammation of the tendon). A tender bony lump can often be felt at the insertion point. It is a common site of injury after an ankle sprain or in individuals with high arches.



To treat this condition, the outside edge of the foot needs to be supported to prevent the foot and ankle from rolling outwards. This decreases the strain and workload on the peroneus brevis tendon to allow for healing. This is accomplished by wearing custom-made orthotics with a lateral (outer) support wedge.

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

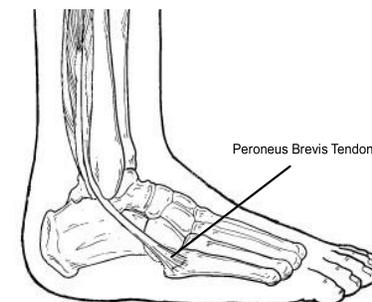
"Put your feet in our hands"

WWW.HEALTHYFEET.NET

Insertional Peroneus Brevis Tendonitis

Pain to the outside of the foot

The main role of the peroneus brevis tendon is to stabilize the ankle to prevent the ankle from rolling outwards. It inserts (attaches onto) the outside of the foot at the 5th metatarsal bone, and this area is prone to tendonitis (inflammation of the tendon). A tender bony lump can often be felt at the insertion point. It is a common site of injury after an ankle sprain or in individuals with high arches.



To treat this condition, the outside edge of the foot needs to be supported to prevent the foot and ankle from rolling outwards. This decreases the strain and workload on the peroneus brevis tendon to allow for healing. This is accomplished by wearing custom-made orthotics with a lateral (outer) support wedge.

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"

WWW.HEALTHYFEET.NET

Morris Zoladek, D.P.M.
Thomas J. Hewak, D.Ch.
Mellanie Walford, C. Ped (C)
Andrew Longbottom, C. Ped (C)
Katrina Lammers, C. Ped (C)

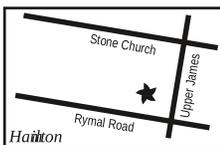


TENDER MEDICAL TREATMENT FOR:

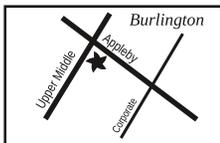
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic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

FOOTCARE PLUS:

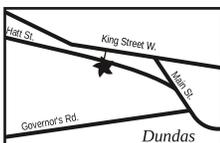
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to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

Morris Zoladek, D.P.M.
Thomas J. Hewak, D.Ch.
Mellanie Walford, C. Ped (C)
Andrew Longbottom, C. Ped (C)
Katrina Lammers, C. Ped (C)

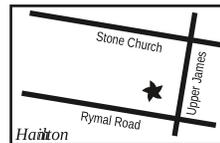


TENDER MEDICAL TREATMENT FOR:

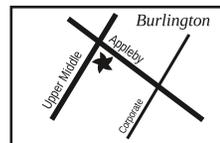
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic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

FOOTCARE PLUS:

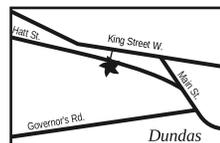
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to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

Morris Zoladek, D.P.M.
Thomas J. Hewak, D.Ch.
Mellanie Walford, C. Ped (C)
Andrew Longbottom, C. Ped (C)
Katrina Lammers, C. Ped (C)

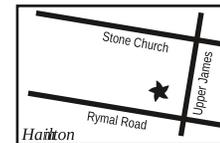


TENDER MEDICAL TREATMENT FOR:

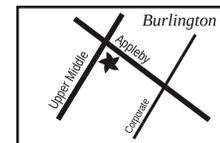
Foot pain of all types	Ongoing diabetic footcare
Corns, calluses, bunions	Thick, ingrown toenails
Warts, athlete's foot	Flat feet/fallen arches
Skin irritations of the foot	Children's knock knees
Surgical assessments	Children's foot problems
Heel pain, spurs	Routine nail clipping
Seniors nail care	Orthopaedic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

FOOTCARE PLUS:

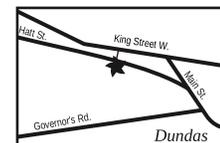
1. Treatment by licensed Doctor of Podiatric Medicine/Chiropodist/Pedorthist
2. Fully trained nursing / technical staff
3. Full surgical facilities on site including laser surgery
4. All equipment is sterilized
5. Maintain full medical history records for patients
6. Complete follow-up reports sent to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