FIND RELIEF FOR YOUR FOOT PAIN

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Forefoot Pain - TRUE OR FALSE

You don’t have to live with foot pain! True! Heel pain is the No. 1 reason people see a foot specialist and it is usually barefoot, even at home. They will also recommend proper footwear and arch supports to better support the plantar fascia ligament and prevent further damage or future occurrences. Supportive sandals make a perfect at home “slipper” for people suffering from heel pain.

IF YOUR HEEL HURTS IT’S MOST OFTEN DUE TO A CONDITION KNOWN AS PLANTAR FASCIITIS

Increasing activity levels in the springtime can suddenly lead to foot pain. Activities, such as running, cause the force on our feet to increase by up to 7 times our body weight! In 1586 adult can expect over 1000lbs of force to be absorbed by their feet with each running leap. For those occupations requiring long hours on your feet, foot pain can occur year round. Teachers, postal workers, cashiers, construction workers and those involved in the service industry are likely candidates for heel or forefoot pain, as they are on their feet 3 times more than the average person. This adds up to some 30,000 steps per day! You don’t have to live with foot pain anymore. Here are some interesting facts about Foot Pain.

Plantar Fasciitis sufferers should wear their sandals from the moment they wake up in the morning. A heel spur is a major cause of heel pain. False! Heel pain is not normal. False! If your heel hurts, you should seek professional advice. True! Pain in the ball of your foot is most commonly diagnosed as metatarsalgia, also known as “ball of the foot” pain. It can be attributed to the way you walk or your foot bone structure. Since there are a number of other possible causes, such as poor-fitting footwear or intense activity, it is important that you seek professional advice.

The most common symptom of “metatarsalgia”, or “ball of the foot” pain, is pain when standing, especially barefoot. True! A common symptom of metatarsalgia is an achy pain along the ball of your foot, that eases when you are barefoot. Pain is usually described as dull or constant with standing. If you notice a “zap” or shooting pains that travel outside the ball of your foot, you may have a nerve irritation that needs to be investigated by your family doctor.

Metatarsalgia is a greater risk if someone has rheumatoid arthritis. True! Risk factors for “ball of foot” pain include rheumatoid arthritis, wearing high heels, excess weight gain, high-impact activity, tight calf muscles and problematic foot structure or walking patterns.

We are proud to announce that this year, we have collect 100,000 pairs of new and gently used footwear from individuals, schools, faith-based organizations and corporations to be distributed to those in need. A portion of the footwear will also be allotted to communities around the world. Our target is to collect 100,000 new and gently used footwear from individuals, schools, faith-based organizations and corporations to be distributed to those in need. A portion of the footwear will also be allocated to micro-entrepreneur programs designed to create jobs in underprivileged communities.

You can drop off your gently used shoes at any BioPed location or visit us at www.bioped.com/giving-back.

Help us collect 100,000 pairs of shoes for those in need!

Goody Two Shoes

You can drop off your gently used shoes at any BioPed location or visit us at www.bioped.com/growing-back to learn more.

BioPed has been helping those in need for over 5 years. We are proud to announce that this year, we have partnered with Sole Hope to expand outreach and help even more people, both locally and internationally. It is our goal to collect 100,000 pairs of new and gently used footwear from individuals, schools, faith-based organizations and corporations to be distributed to those in need. A portion of the footwear will also be allocated to micro-entrepreneur programs designed to create jobs in underprivileged communities.

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THE MODERN DAY FOOT PROFESSIONAL

Canadian Certified Pedorthists

As a good chair or mattress is important to overall health, so are the shoes on your feet. Our feet are incredible biomechanical structures. With each step, they act as both a shock absorber when our heel hits the ground and a lever, propelling us onto the next step. On average we take 5,000 to 10,000 steps per day! When our feet are healthy, we go about our daily lives and take them for granted. But when we develop a problem, they can bring us to a grinding halt.

We seldom make the connection, but our quality of life is largely dependent upon our feet. Many foot problems are predisposed by our genetic make-up or triggered by diseases like diabetes or arthritis. Others come about as a result of overuse, improper footwear or injury. Whatever the case may be, a BioPed foot specialist is trained specifically to handle these and many other conditions of the human foot.

A Canadian Certified Pedorthist, C. Ped (C), is one of the few medical professionals educated in the design, manufacture and modification of foot orthotics and custom orthopedic footwear. A Pedorthist is governed by a strict code of ethics and standards of practice and is an integral part of the healthcare team along with the physician and the patient. At BioPed, we refer to this as the Circle of Care. Pedorthists are graduates with a Science background in Biomechanics, with most possessing a degree in Kinesiology - the study of the human muscles and biomechanical movement. Pedorthists routinely work with prescription footwear and custom-made orthotics. They also have off-the-shelf solutions for those customers who just want to wear comfortable footwear and don’t require a medical evaluation by their doctor.

BioPed Footcare Clinics can alleviate pain, prevent further damage from occurring and restore foot function. They provide comprehensive solutions, including orthotics, proper footwear, bracing and compression. The key to successful treatment is recommending complete solutions that fit each unique individual's lifestyle.

Put your feet in good hands with a BioPed Footcare Professional!

THE BIOPED DIFFERENCE

If you’re suffering from foot pain, we understand how uncomfortable it can be. We also understand that not all foot pain solutions are created equal. We know you. YOU ARE AN ORIGINAL and as such, you require a solution that is tailored just for you. Our solution is... FIND A FIT AS ORIGINAL AS YOU ARE!

HOW BIOPED IS DIFFERENT:

Our Clinical Specialists – BioPed’s Canadian Certified Pedorthists and Registered Chiropodists conduct a thorough 45 minute assessment, to learn about you, your lifestyle and most importantly, the root cause of your pain. They will provide recommendations and deliver a solution that is tailored specifically for you.

Our Unique Process – At BioPed, the creation of an orthotic is considered to be both an art and science. Every site is equipped with an on-site lab which allows our Footcare specialists to hand craft your personalized solution and make adjustments while you wait, for the best fit possible.

This unique process ensures that you receive a truly custom orthotic.

Your Foot Pain Solution – People have unique foot care needs and one solution doesn’t fit all. As such, we carry a tiered selection of footbeds and custom foot orthotics that treat most foot ailments and can accommodate any budget. We also carry a full line of orthotic friendly footwear, foot care accessories, leg braces and compression socks.

AT BIOPED, WE'RE DIFFERENT AND IT MAKES ALL THE DIFFERENCE TO OUR PATIENTS. OUR CLINICAL SPECIALISTS – OUR UNIQUE PROCESS – YOUR FOOT PAIN SOLUTION

BIOPED TOP 3 ORTHOTIC QUESTIONS

Q: How long will it take me to get used to my new orthotics?
A: It varies, but typically it takes a few weeks. It is very important to follow a break-in procedure, gradually increasing the time they are worn.

Q: Are orthotics covered by insurance?
A: Orthotics and orthopedic footwear are often, but not always, covered by insurance. BioPed has solutions that fit both your condition and budget.

Q: How long do orthotics typically last before I have to replace them?
A: The lifespan of your custom orthotics really depends on your level of activity, your condition and your individual lifestyle.

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How to Choose the Right Footcare Specialist:

Ask the Right Questions Up Front to Ensure Your Comfort

Test your provider:

✓ Professional trained to perform a medical examination using a biomechanical evaluation and gait analysis?
✓ Recognized as a footcare specialist, trained specifically in this assessment, design, manufacture and fitting of foot orthotics and footwear?

Test your clinician:

✓ Have the capacity to custom fabricate and adjust your orthotics on-site or is your orthotic being manufactured off-site?
✓ Use only 3D foot-casting to take a proper mould of your feet and manufacture your custom orthotics completely from raw materials?
✓ Schedule follow-up appointments to evaluate the fit of the orthotic and make any necessary adjustments on-site and quickly?
✓ Assist in matching your orthotics and lifestyle to an appropriate pair of shoes for maximum comfort and pain alleviation?
ARE YOUR FEET SANDAL READY?

D oes anyone truly see your feet until it’s time to slip on a pair of summer sandals? If yours are like many Canadians facing the cold winter weather, the answer is likely, “No.” Hidden beneath our warm socks and shoes, our feet often go neglected. The moment the weather improves, we find ourselves scrambling to improve their appearance. If this sounds familiar, BioPed is here to help! Follow our guide from head to toe in order to achieve sandal-worthy feet.

WHY DO MY FEET BECOME DRY OVER THE WINTER?

Over the winter, dry skin is typically triggered by factors such as warm showers, low humidity and central heating. If the dryness progresses to peeling, cracking, and scaling of the feet, then the dryness is no longer due to environmental factors but is more likely to be associated with Athlete’s Foot.

Athlete’s foot is a fungal-based infection known as, “Tinea Pedis.” The commonly occurring fungus is acquired by touching the affected area of a person who has the condition or from wet, infected surfaces, such as floors in public pools or change rooms. Fungi grow best in warm, moist areas, which is often the environment found in our footwear over the winter months.

WHAT CAN I DO TO ELIMINATE MY DRY SKIN & IMPROVE THE LOOK OF MY NAILS?

If you’re healthy, a fungal foot or nail infection isn’t of serious concern. Fungal infections could lead to more serious concerns if you have diabetes or a weak immune system. Consult with a BioPed Chiropodist about the best way to treat your skin and nails if you have one of these conditions or if you have been experiencing symptoms for more than six months.

In the meantime, keep your feet clean and dry by following the steps below...

- Dry between your toes after washing or bathing.
- Wear sandals or socks that allow your feet to breathe.
- Wear shoes or sandals that allow your feet to breathe.
- Change your socks twice a day and place them into the freezer for 24 hours prior to washing to eliminate the fungus.
- Use antifungal products on your feet such as Footlogix to contain and eliminate the infection.
- Allow your shoes to air out for at least 24 hours prior to wearing.
- Do not share nail files or clippers, socks, towels, or other personal items.
- Wear flip-flops or shower sandals in wet public areas, such as locker rooms or showers.
- Wear socks to absorb sweat, even indoors.
- Wear shoes or sandals that allow your feet to breathe.
- Dry between your toes after washing or bathing.

For more information or products to help treat your skin and nails, visit any of our locations listed at www.bioped.com/locations.

ADULT FEET CONTINUE TO CHANGE IN SIZE

Contrary to popular belief, our shoe size continues to change as we age. Weight gain or loss, pregnancy and the effects of aging can all contribute to changes in the length and width of our feet. If you haven’t measured your feet in the last 12 months, you may be included in the nearly 1/3 of men and ½ of women wearing the wrong shoe size.

**PIECING THE CORRECT SHOE SIZE ISN’T ALWAYS EASY!**

When trying on a shoe, make sure the first thing you try on is your size medium made by another, do you feel like they fit the same? Chances are they don’t. Purchasing footwear is a delicate science. Consider as well that sometimes other utilize different sizing systems and manufacturing processes which leads to a wide variation in sizing. The only way to know the most appropriate size of shoe for you is to try it on.

**DOES NOT WEARING THE APPROPRIATE SHOE SIZE HAVE AN IMPACT ON MY FEET?**

An incorrect length or width of shoe most often affects your toes and back. Bunions and bunionettes (a bunion of the 5th toe) are frequently caused by shoes that are too wide for your feet. Excess pressure from shoes that are too narrow can cause your foot to move excessively. This movement will lead to an increased chance for injury to your foot, and your shoe will often become ill-fitting through the formation of callouses. Your muscles will also spend more effort trying to stabilize your foot leading to tired feet.

When buying a size medium T-Shirt made by one brand and a size medium shoe made by another, do you find they fit the same? Chances are they don’t. Purchasing footwear is a delicate science. Consider as well that sometimes other utilize different sizing systems and manufacturing processes which leads to a wide variation in sizing. The only way to know the most appropriate size of shoe for you is to try it on.

DO YOU SHOES FIT PROPERLY?

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1. **THE THUMB TEST**

   With the shoe on your longest foot, check to ensure there is a thumb’s width from the end of your longest toe to the end of the shoe or sandal.

2. **THE TOE WIGGLE TEST**

   A shoe is the correct width and depth for you when you have enough space to wiggle your toes, but not so much that a shoe forms, or your foot slides from side to side.

3. **THE PINCH TEST**

   Using your thumb and forefinger, you should be able to gather a small amount of material along the area on the top of your shoe (over your toes). If you can’t gather any material, it’s too tight.

For more tips, visit us online at www.bioped.com/shoe-fitting-guidelines

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OUR CLINICAL SPECIALISTS... OUR UNIQUE PROCESS...
YOUR FOOT PAIN SOLUTIONS

Custom Orthotics
Manufactured On-Site

Over-The-Counter Insoles
& Flips For Children & Adults

Orthopaedic Footwear
For Men & Women

Therapeutic Footwear
For Men & Women

Athletic
Footwear

In-House &
Outdoor Sandals

Footlogix Anti Fungal
Toe Nail/Dry Cracked Heels

Compression
Stockings/Socks

Strassburg Sock
For Heel Pain

Over-The-Counter
Lower Limb Braces

Custom & Non-Custom
Knee Braces

Custom & Non-Custom
Toe Separators

— Above products may vary in style and quantity by location —

BioPed Etobicoke North, (905) 851-4224
etobicokenorth@bioped.com
3850 Steeles Avenue West, Unit 3A
Vaughan, ON  L4L 4Y6

BioPed Etobicoke South, (416) 234-0481
etobicoke@bioped.com
2979 Bloor Street West
Etobicoke, ON  M8X 1C1

www.bioped.com