



ABBOTT
FOOT & ANKLE CLINIC
Tony L. Abbott D.C.H.
234 St. Marie Street
Collingwood, ON
L9Y 3K5
Mon - Tue: 9am to 5pm
Wed: 9am to 12pm
Thu: 10am to 6pm



705.444.9929

I'm Here Because:

Click the buttons below to see the related video

"My Heels Hurt"

"I Have Diabetes"

"I Have Questions About My Feet"

www.abbottfootclinic.ca

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"Giving from the Heart"



This February we want to celebrate Valentine's Day for the whole month by collecting non-perishable food items for the local food bank. Please help us "Give from the Heart" to those in need by bringing a non-perishable item to the Abbott Foot Clinic. You will receive a Valentine for you to keep or share with that someone special and you can also post a Valentine heart in someone's honor on our "Giving from the Heart" wall!

The Abbott Foot & Ankle Clinic has set a goal to collect **1000 lbs.** of food by February 28th.

The Collingwood food bank serves approximately 150 families. The most needed items at this time are juice, juice boxes, cookies and sugar. Join us to help feed our community and give from the heart.

Common Winter Foot Problems:

- 1. Dry, Itchy Feet** – Believe it or not, both of these complaints will often root from the same problem! Warm, dark, humid environments create a delightful home for fungus! Dry feet are a sign of sweaty feet and sweaty feet are a precursor to fungal feet.
- 2. Wet, Cold Feet** – With all the snow and slush in the winter it's difficult to NOT get any in your shoes. Children leaving wet boots in the hall and walking around in socks just leads to problems. Keep your feet DRY and protect yourself from frostbite.

3. Heel Pain – You're shopping, skiing, snowshoeing, sledding and all the while your feet are taking a beating. Increased activity, weight changes, improper shoes can all lead to serious, unmanageable foot pain. Be sure to wear great supportive shoes all through this activity packed season.

4. Ankle Sprains – It's icy and slippery out and you have so much to do...FAST. Decorating, shopping, skating, sightseeing...all this activity in such a short amount of time can significantly increase your chances for sprained ankles. Again, be sure you're wearing the correct footwear for your activity, and slow it down.

Tip of the Month:

The cost of foot surgery to correct foot problems from tight-fitting shoes is \$2 billion a year, according to the American Academy of Orthopedic Surgeons. If time off from work for the surgery and recovery is included, the cost is \$3.5 billion...what does this mean?

PREVENTION!! Get better before you get worse, come in and check out our complete shoe line to protect your feet this season and this lifetime!!

*Stay tuned for an exciting
announcement about the clinic in
March ...*

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Abbott Foot & Ankle Clinic

234 Main Street
Coolingwood, ON L9Y 3K5

www.abbottfootclinic.ca

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Cash for Clunkers Program

For February we have our very own CASH FOR CLUNKERS program!



Abbott Foot & Ankle Clinic
Cash for Clunkers Program
DON'T MISS OUT!

Here's how it works:

Trade in your old, beat up orthotics or insoles...whether we made them for you or not...and receive \$50 off a new pair of custom orthotics. This can be a 5 year old pair of orthotics or a beat up Dr. Scholl's gel insole from Walmart...you bring it in and we'll replace it with a brand new custom orthotic!

We'll reevaluate you with a comprehensive lower extremity biomechanical exam, evaluate your gait, and take the laser images to have an orthotic made just for you.

If we recently made orthotics for you, we'll have a second pair made for you at a special discount. This second pair can be convenient to keep in your athletic shoes, or can be made to fit dress shoes, golf shoes, bike shoes, or any other shoe with a closed-in heel. We can even do orthotics for your sandals if they have a removable footbed!

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Don't wait!! This program will end on Feb 28, 2011

Remember: tell your friends and family... you do not need to be a current patient to participate in this program! Just say "I have a clunker to trade in" when you make the appointment and we'll handle the rest!

feet killing you?



Order a **FREE COPY** of feet killing you? A User's Guide to Foot and Ankle Health by visiting our website at www.abbottfootclinic.ca or by calling 1.888.435.3667 ext.105.

"I wrote this book because too many people suffer needlessly with foot pain."

Tony Abbott D.Ch.



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