

## What is an Ingrown Toenail?

I am asked this question almost every day from patients that visit my clinic. An ingrown toenail occurs when the edge of the nail gets pressed down into the nail groove. The nail may pierce the skin and cause your toe to become red and inflamed. If left untreated, this can lead to an infection in your toe.



### Causes of Ingrown Toenails

- Cutting nails improperly
- Tight fitting shoes
- Stubbing your toe
- Hereditary

Of these, the most common cause of an ingrown toenail is the hereditary factor. You may be born with a fleshy toe with a thin nail plate, or you may have a nail plate that is wider than normal. The good news is that we can permanently alter the shape of your nail plate in our office using a simple and relatively painless procedure. After freezing your toe, I remove a small section of toenail along the side and apply a special acid to that area. This will kill the root so that section of nail will never grow back. This is an effective procedure that also looks pretty normal after everything heals.

If you or someone you love, is experiencing a painful ingrown toenail, call our office today - my team and I would love to help end your pain.

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[www.AbbottFootClinic.ca](http://www.AbbottFootClinic.ca)

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## Young Athletes - How to Prevent Overuse Injuries?

It may sound odd to hear of overuse injuries in young athletes but this is becoming more common as kids train longer and harder in their chosen sport. This training often continues throughout the whole year now, as is the case for many of our local soccer players, since the building of the Pretty River Academy "bubble".

Prior to the start of a new season for any sport, kids should be screened for any potential issues such as muscle imbalances, foot misalignments, footwear and any pre-existing injuries. Identifying and addressing these early will reduce the chance of injury at the critical point in the season.

Young athletes should take 1-2 days /wk to allow their bodies to rest and heal. There should be a good mix of sport specific exercises as well as other complementary exercises to work other muscles groups. Strength, flexibility and endurance exercises should all be included at various times throughout the week.

If your child is suffering with heel or arch pain or any other foot ailment, contact our clinic today.



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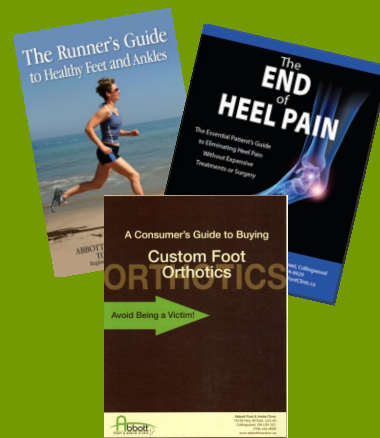


Our friendly receptionist Amanda got married last month. The new Mr. and Mrs. Farrell enjoyed the beautiful day, dancing, smiling and laughing with family and friends.



**705-444-9929**

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**Are My Child's Feet Normal?**