

Health & Wellness

An Oakville Beaver Advertising Section

Take care of your feet

J. Richard Werkman, Chiroprapist

Did you know that foot problems affect over half the population? Taking care of your feet is important to your general well-being. J. Richard Werkman knows this better than anyone. Rick is a Registered Chiroprapist, who recently opened a new practice in his hometown of Oakville, at 1495 Cornwall Road, Suite 33. Rick's partner in life and practice, Vicki, agrees, "It is with a tremendous sense of pride that we return to our roots."

What we do: The J. Richard Werkman, Chiroprapist team provides comprehensive treatment and care for a variety of foot problems experienced by children, adults, seniors, diabetics, and athletes: Corns, calluses, plantar warts, thick or ingrown toenails, heel, arch and general foot pain, skin infections, foot ulcers and wounds, nail surgery, diabetic foot care and education, orthopaedic/therapeutic footwear, custom made prescription orthotics, SIGVARIS Medical Compression Stockings and Magnetic Biostimulation with Infrared Ray Therapy.

Rick Werkman is a registered Chiroprapist and licensed foot care specialist. Chiroprapists are regulated health care providers trained in overall foot health and biomechanical/orthotic assessments. In addition to treating everyday foot needs, Chiroprapists also assess structural abnormalities in the foot to determine the need for a custom orthotic device, orthopedic footwear or bracing. These deformities are not uncommon in those presenting with foot, hip and lower back pain. Who knew hip or lower back pain might be associated with the foot?

When the foot cannot function nor-

mally during gait, the body must compensate in other ways to achieve locomotion, often resulting in painful symptoms. It is through the use of custom orthotics that pain might be reduced or alleviated. But wait! There's more to a custom orthotic than meets the eye (or should we say foot). The knowledge and training of the individual treating you is directly related to the success of your treatment. That's why Rick and Vicki recommend that you see a member of the College of Chiroprapists of Ontario for your foot health and orthotic needs. Learn more about orthotics by requesting a copy of "What You Need to Know About Orthotics."

Background: Rick graduated at the top of his class in 1991 from the Michener Institute for Applied Health Sciences. He is a member of the College of Chiroprapists of Ontario and is certified in local anesthesia and nail surgery. Rick added to his degree through a Bachelor of Science Podiatric Medicine Program, where he studied research methods, with electives concentrating in the areas of podogerontology (study of senior's feet), podopharmacology (study of foot-related medications) and sports medicine.

What Makes the J. Richard Werkman foot clinic Different? "It is the friendly family environment, broad range of knowledge, strong working relationships, and detailed patient follow-through that makes us unique," explains office manager, Vicki.

We take pleasure welcoming new patients. A doctor's referral is not necessary. For more information on the clinic and the foot related conditions we treat visit www.werkman.ca or call 905-845-4817. Caring hands for happy feet!

OPTOMETRIST

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Upcoming Events:

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Come and learn how you can safely lose 3-7lbs a week, feel great and keep it off forever with Ideal Protein! RSVP as seats are filling up fast!



New Years Holistic Detox with Kim Niblett, Holistic Nutritionist Mon, Jan 21 at 7pm

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Mother's Morning Out! Mon, Jan 28 at 10:30am

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Check our website for upcoming events and programs!

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J. Richard Werkman
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1495 Cornwall Rd., Suite 33, Oakville
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