

**LMC Chiropody & Foot Care**

We're dedicated to making foot care more accessible, patient-centric, and evidence based than ever before.

Our LMC Chiropodists are trained medical professionals specializing in the assessment and treatment of foot conditions. We offer foot care services to patients of all ages and walks-of-life to address:

- Acute and chronic foot pain
- Mobility issues
- Enabling a more active lifestyle
- Ongoing foot care & maintenance



**Chiropody Services**

**Routine and Preventative Care**

- Routine Nail & Callous Care
- Fungal Nails & Athlete's Foot Treatment
- Ingrown Toenail Treatments & Surgery
- Wart Treatment
- Diabetes Foot Risk Assessments
- Diabetes Nail & Callous Care
- Wound Management
- Bunions & Corn Treatment
- Heel & Arch Pain (plantar fasciitis) Treatment
- Stretching & Strengthening Techniques
- Sports & Repetitive Strain Injuries (e.g. tendinitis)
- Corticosteroid Injections
- Oral & Topical Medications

**Orthopaedic Assessments & Devices**

- Biomechanical Assessment & Gait Analysis
- Custom-made Orthotics
- Orthopaedic Footwear Advice
- Custom-made Shoes
- Varicose Vein Assessments
- Compression Stockings & Hosiery
- Diabetic Socks



**Compression Therapy**

Compression therapy is available in different strengths and pressure gradients suitable to your individual needs. We have a variety of colours and materials to choose from.

They are available in the form of socks, knee-highs, thigh-high stockings, and full waist-to-toe hosiery.

**Commonly associated with:**

- Controlling swelling in the legs
- Improving circulation and blood flow
- Decreasing leg pain

**Some common uses are:**

- Varicose Veins and Spider Veins
- Edema or Swelling
- Venous Ulcers
- Swelling during Pregnancy

**What Are Custom-Made Orthotics?**

Orthotics are designed to correct the alignment of the foot and ankle. Each custom-made orthotic is personalized to your foot from a digital 3D Laser casting technique. We use state-of-the-art technology to design and build the perfect orthotic for you. These orthotics allow for better pressure distribution among areas of your feet, which helps to prevent and reduce foot pain and complications.

**Orthotics are commonly helpful for:**

- Flat Feet/High Arches
- Heel & Arch Pain (plantar fasciitis)
- Ankle/Knee/Hip/Back & Arthritis Pain
- Forefoot Pain (e.g. metatarsalgia, Morton's neuroma)
- Bunions/Hammertoes
- Diabetic Neuropathy
- Pressure Wounds/Ulcers
- Intoed/Outoed Gait
- Childhood/Pediatric Foot Conditions
- Leg Length Discrepancy



**Does OHIP cover my initial visit?**

Although Chiroprody services are not currently covered by OHIP, they are covered by most extended health benefit plans.

**Do I require a referral?**

No referral is required for Chiroprody appointments

Note: Please check with your extended health benefits provider to determine whether or not they require a referral for reimbursement purposes.

**What should I expect at my initial assessment?**

All LMC Chiroprodists will:

- Take a medical history of your general health and thoroughly examine your feet
- Provide an individualized treatment plan according to your needs
- Provide preventative self-management tips and education on potential foothealth risks



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**BOOK AN APPOINTMENT**

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