

Elio's Foot Health Guide

NIAGARA EDITION | 2017



elio's
Foot Comfort Centre

Making Feet Happy Since 1970

See Niagara's New & Bigger Foot Care Clinic

elio's

Foot Comfort Centre



Foot Pain?

Leg Pain?

Back Pain?

Elio's Team of Experts Turn Pain Into Comfort



Foot Assessments



Custom Foot Orthotics



Footwear Modifications



Custom Made Shoes



Orthopedic Footwear



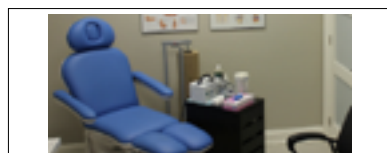
Compression Stockings



Athletic Footwear



Bracing



Chiroprody

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We Are Focused on Patient Education



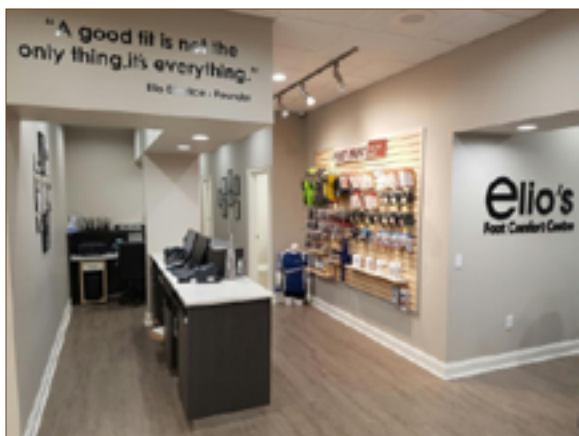
Since our family business started in 1970, Elio's Foot Comfort Centre has always strived to be Niagara's leader in foot care by providing unsurpassed customer service.

We offer expert advice, and use the most up-to-date technology. We treat every customer like family. With a focus on the highest quality care, we always aim for a perfect fit and total foot comfort. As we say, "a good fit is not the only thing, it's everything."

We take pride in showing our patients the many benefits of properly fitted orthotics, footwear, bracing, and compression stockings. Patient education is an integral part of Elio's commitment to foot care in Niagara and this guide is our most recent contribution to this effort.

If you have any questions or concerns about your foot health, Elio's team of experts will help.

Pictured above, Rob DiFelice and brother Mario DiFelice, co-owners of Elio's Foot Comfort Centre.



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Foot Care Solutions Start with Assessments

Only after a complete and thorough assessment of the feet and lower limbs can the most effective treatment solutions be determined and orthotic devices be designed. Such assessments are best conducted by a practitioner who has extensive training and expertise, such as a Canadian Certified Pedorthist.



UNDERSTANDING DIAGNOSIS:

The pedorthist will assist the patient in understanding their medical condition and the potential causes, contributing factors, and the recommended treatments.

ASSESSMENT:

The main purpose of the assessment is to determine whether the medical condition with which the patient presents is related to poor foot structure and / or biomechanics. A thorough investigation includes:

- Weight Examination
- Non Weight Bearing Examination
- History
- Gait Analysis
- Evaluation



Elio's Expert Tip



Nida Ahmed
CHIROPODIST

In a foot assessment, we gather patient history to identify patterns and expose factors that contribute to the patient's medical condition.

We check symptoms, previous injuries, occupation, and other factors.

ELIO'S PATIENT TESTIMONIALS

Brian & Jenny McAllister

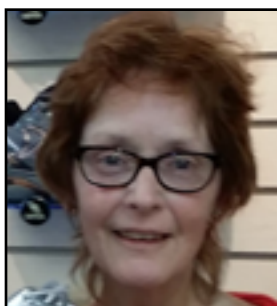
"You truly care about our comfort and satisfaction. We really appreciated all you do for us.

Thank you for always providing the best service! "



Mike Pisano

"For more than 30 years, I suffered from severe over pronation. Elio's custom made boots relieved my chronic hip and shoulder pain. Finally, I can walk with no brace. and work in comfort."



Patricia Jackson

"My feet are comfortable for the first time ever. I am energized because of it. Other parts of my body are relaxing. The pain is going away because I am finally walking properly."



Patricia Bannab

"Elio's staff is very friendly, courteous and quick despite being busy. Elio's orthotics are properly customized to my feet."

Pedorthists Conduct Gait Analysis to Examine Walk

When you come for your initial assessment with a Canadian Certified Pedorthist at Elio's, be prepared by bringing a prescription from your referring doctor.

Also bring a pair of shorts or wear loose fitting clothing because part of the assessment involves examination of your lower limbs and your feet.

Another good idea is to bring your work shoes or the shoes that you wear for daily activities, whether it's for workouts or work or just general walking.



A Canadian Certified Pedorthist is also going to look at your footwear and give you advice on why your footwear is or isn't appropriate.

They will teach you what footwear would be more appropriate given your condition and your lifestyle. They will then do functional testing.

The Pedorthist will look at you standing, sitting, and lying down. They will check the range of motions of your joints and will test the strength of the muscles around your joints.

During your initial assessment, a Canadian Certified Pedorthist will perform a gait analysis. In other words, they will examine you walk and take note of any areas of concern.

Pedorthic services are not covered by provincial healthcare programs; however, you may have coverage in your employer's health benefits program, WSIB, or Veterans Affairs.

Elio's Expert Tip

Did you know an annual foot assessment at Elio's checks if your foot orthotics continue to relieve the symptoms which they were designed to alleviate.

Steve Moffatt

CANADIAN
CERTIFIED
PEDORTHIST



Elio's Foot Facts

FOOT HEALTH, EXERCISE

Walking is the best exercise for your feet and is also good for your overall health. It also contributes to your general health by improving circulation, contributing to weight control and promoting all-around well being.

Speak to Elio's team of experts for more foot facts to make YOUR feet happy!



What Problems Can Orthotics Alleviate?

- Foot pain
- Lower limb discomfort
- Knee pain
- Hip pain
- Back problems
- Diabetic foot ulcers

If the above problems are present, people of all ages can benefit from foot orthotics. From discomfort in the foot to severe problems such as diabetic foot ulcers, foot orthotics can help a wide range of patients.

A detailed assessment by a footwear and orthotic expert such as a Canadian Certified Pedorthist can confirm if foot orthotics will assist a patient with a particular foot, leg, or even back problem. Initially, new foot orthotics may feel intrusive and they may take a few weeks to get accustomed to.

Elio's staff recommend wearing new orthotics for less than an hour on the first day. Each subsequent day, wear time will gradually increase.

Foot orthotics should never be painful to wear. If your orthotics causes pain, or you feel that you cannot get used to them, stop wearing them and contact your Canadian Certified Pedorthist. Your Pedorthist will adjust the orthotics to make them more comfortable.



Elio's Custom Orthotics Made In House

Elio's Expert Tip

Ashley Steele

CANADIAN
CERTIFIED
PEDORTHIST



Did you know a foot orthotic is only as good as the shoe it goes into?

The shoe provides the foundation for the orthotic.

If your orthotic does not have a proper foundation it will not be able to function properly.

TESTIMONIAL

Orthotics have improved my days

"Elio's service is friendly, unrushed, and thorough. Elio's products gave me a fuller, less painful life. Orthotics have improved my days.

Easy walking and going to the Y without pain.

My happy feet have made me happy too!

Try Elio's, you will NOT be disappointed."

Rita DeMoel, Elio's happy customer.



Custom Made Foot Orthotics Reduce Foot and Ankle Pain and Increase Activity Level

“Survey Reveals 91% of surveyed patients report reduction in pain after wearing custom made foot orthotics for 6 weeks”



A recent survey reaffirms what Elio's patients have been confirming for many years on the benefits of custom made orthotics fabricated in our lab in Thorold.

MEDIA RELEASE.

WINNIPEG, MB, April 11, 2016

A patient-centred study released by the Pedorthic Association of Canada (PAC) today, reveals custom made foot orthotics play a significant role in reducing patients' pain and discomfort in their feet and ankles and enable them to increase their activity levels.

“As foot orthotic and footwear experts, Pedorthists see patients in their clinics everyday who benefit from custom made foot orthotics. However, there is very limited scientific healthcare literature available on how patients feel about the role custom made foot orthotics play in their treatment,” says Kevin Fraser, a Canadian Certified Pedorthist and president of the Pedorthic Association of Canada.

“PAC undertook this study to objectively measure the positive outcome we see in our clinics from treatment with custom made foot orthotics. We are very pleased, but not surprised, by these findings as every day we see patients return to sports and favourite activities because of orthotics and other pedorthic treatment.”

The study, Patient Outcome Measure Evaluation Strategy (POMES), reinforced the positive results Canadian Certified Pedorthists have been reporting from their clinics and clearly revealed that custom made foot orthotics help to reduce

pain or discomfort in the foot and ankle and allow individuals to increase their activity levels. Of patients surveyed:

- 91% reported a reduction in pain after wearing their custom made foot orthotics for 6 weeks
- 90% reported they were able to walk very well while wearing their custom made foot orthotics
- 81% indicated their goals were met after six weeks of using their custom made foot orthotics
- 83% said they were very satisfied with how often they were wearing their custom foot orthotics
- 93% felt that the advantages of using custom made foot orthotics certainly outweighed the disadvantages
- 77% reported their custom foot orthotics were very comfortable
- 87% would recommend custom made foot orthotics to family, friends and colleagues

The POMES study, led by Tyler Amell, PhD, was a multi-centred, internet-based survey of patients' perspectives on custom made foot orthotics both pre-use and six weeks post-use.

Thirty Pedorthists and 217 patients from 23 pedorthic clinics across British Columbia, Alberta, Ontario and Nova Scotia participated in the study over 12 months.

All participants were between 18 and 65-years-old and presented with a musculoskeletal condition below the knee.



Chiropodists Treat and Prevent Diseases and Disorders of the Foot

By Nida Ahmed

People who feel foot pain, heel pain, bunions, knee pain or back aches will understand the suffering their conditions can pose on their lifestyle. This pain often impacts their ability to work, enjoy hobbies or conduct daily activities.

A Chiropodist or Canadian Certified Pedorthist can offer custom solutions for each patient, including treatments for problem feet and other ailments.

Chiropody is defined as the assessment of the foot and the treatment and prevention of disease or disorders of the foot by therapeutic, surgical, orthotic and palliative techniques.

As a primary health care provider, the in-house Chiropodist at Elio's Foot Comfort Centre is available to offer treatments to patients of all ages and activity levels.

A Chiropodist provides general and preventative foot care for a wide range of foot conditions. Treatments are available for all levels of the foot; from surface skin infections to joint pain.

Typically, the initial visit with a Chiropodist will include a full history and foot exam which will allow for the development of a comprehensive management plan to satisfy the patient's foot care needs.

Chiropodists provide foot care to meet the needs of many patient groups. They can provide treatments for many foot problems including nail



ELIO'S CHIROPODY ROOM

Patients appreciate services in Elio's state of the art facility

issues, corns, calluses, warts and skin infections; as well as provide diabetic foot care and perform minor surgeries, injections and rehabilitation services.

Chiropody services may be covered by your third-party insurance provider. Check with your plan administrator for more details.



Nida Ahmed, In-house Chiropodist at Elio's Foot Comfort Centre offers foot care tips to patient Mike Pisano. Book your appointment today.

What We Do for You at Elio's

- Chiropody Services
Nail Care and Minor Surgeries
- Custom Made Foot Orthotics
Fabricated locally by Elio's staff
- Custom Made Footwear
- Compression Stockings
- Orthopedic Footwear Modifications
- Foot Assessments
by Canadian Certified Pedorthists
- Orthopedic Footwear
by top quality brand names
- Diabetic Footwear
- Custom Bracing

How can we make YOUR feet happy?

How can diabetes affect the feet?

Elio's staff advises our patients living with diabetes to focus on footcare as a daily activity. Statistics show approximately 2.3 million Canadians currently live with diabetes.

The data also shows 14 to 24 per cent of diabetics are at risk of suffering a foot ulcer that could result in the amputation of a foot or leg.

Nerve damage is also known as neuropathy. When neuropathy effects your feet, it can cause damage in your sensory, motor or autonomic nerves.



Over a long period of time high blood glucose levels can cause damage to many areas of your body, including your feet and legs.

High blood glucose levels can cause damage to nerve systems in your body, which stops important messages getting to and from your brain.

The nerves in your body that are most likely to be affected are the longest; those that have to reach all the way to your feet and legs.

Elio's team of experts can show you how damage to these nerves due to diabetes may affect your feet.

Foot Fact



Steve Moffatt

CANADIAN CERTIFIED PEDORTHIST

Damage to sensory nerves can cause loss of sensation in your feet.

People affected by this damage are less able to feel pain, temperatures and vibrations.

Elio's Diabetic Foot Program: Healthy Feet Checklist

Elio's team of experts can provide assistance to help prevent foot complications in patients with diabetes. Ask about Elio's specific diabetes foot care program.

Elio's provides preventative foot care by an in-house Chiroprapist for patients with diabetes. Ask about the following services for Elio's patients:

- Diabetic nail care
- Footwear assessment
- Self management counselling
- Diabetic foot care
- Footwear education
- Chiroprapy services on request

- ☐ Apply moisturizer to feet daily, but not between toes.
- ☐ Wash and dry feet daily, specifically between toes
- ☐ Monitor and control blood glucose levels
- ☐ Trim toe nails straight across and file off any jagged edges
- ☐ Make exercise a routine as suggested by a doctor or healthcare practitioner.
- ☐ Wear closed toe footwear to safeguard your feet from injury
- ☐ Examine your feet regularly for indications of redness, swelling or blisters
- ☐ Visit your doctor to report any concerns with foot problems

How Properly Fitted Footwear Makes a Healthy Difference

Properly fitted footwear is essential for keeping your feet and your body happy. If shoes are not fitted properly, they can cause a variety of foot problems; including bunions, corns, calluses, hammertoes, plantar fasciitis and stress fractures.

It is important to remember that we all have differently shaped feet and therefore we all have different footwear needs. This means the shoes that work for your friend might not be the best choice for you.

The following is a list of basic shoe selection tips from Elio's team of Canadian Certified Pedorthist:

- Have your feet measured by an expert.
- If one foot is bigger than the other, ensure shoes are fitted to your bigger foot.

Elio's Expert Tip



Mario DiFelice

CO-OWNER
ELIO'S FOOT COMFORT CENTRE

Did you know the size marked inside a shoe can vary depending on the brand?

Your shoe size is only a starting point of proper footwear selection.



- If possible, have your feet measured at the end of the day when your feet are expanded.
- Stand up while wearing the shoes and ensure there is 3/8" or 1/2" (about the width of your finger) between your longest toe (usually the second toe) and the end of your shoe.
- Walk around in the shoes to make sure they are comfortable and do not rub anywhere on your feet.
- After properly fitted footwear is selected, it is important to remember that shoes wear out over time and will usually need to be replaced after six months to one year of regular use.

ECHELON 5

Echelon 5, an accommodating fit that is crafted for orthotic wearers and runners.

Available at Elio's.



saucony®

Double Depth Removable Insole

Fit
Comfort
Style

800.837.3739
www.drewshoe.com

biotimefootwear.com

Shoe Shopping Tips for Healthy Feet

Some of the most common types of footwear include casual/ everyday footwear, athletic footwear, and party shoes.

Pedorthists are most interested in your casual / everyday shoes and your athletic footwear because these are what your feet will depend on most often throughout the day.

There are two key criteria to consider when purchasing footwear: support and fit. Here are a few simple tests you can do while out shopping:

The heel counter test.

A heel counter is the hard piece of material located at the back of the shoe that controls side-to-side foot motion.

Place the shoe in the palm of your hand and press down on the heel with your thumb. A good heel counter will not be able to bend easily.

The torsional stability test.

Torsional stability is the side to side motion of a shoe. Take the shoe in your hands and twist it from side to side (with the toe of the shoe in one direction and the heel in the opposite direction).

A shoe with good torsional stability should not be able to twist very much.

The mid-foot bend test.

A shoe should offer firm support for your foot. Take the shoe in both hands and attempt to bend it backwards from the middle of the shoe.

The more the shoe bends, the less support it will give your feet; however, a small flex at the front



of the shoe is normal.

It is important to have your feet measured when buying shoes as your foot size will change throughout your lifetime.

A good shoe will be comfortable as soon as you put it on. It is a myth that shoes should be tight to start.

Elio's Expert Tip

Phyllis Guitard

RETAIL SALES MANAGER



Tight shoes can cause pain or problems and restrict motion of the joints.

If your shoes are failing you, your feet and legs won't be far behind.

FIND TOP QUALITY BRAND NAMES



Are Custom Shoes Right for You?

If pain in your feet continually prevents you from walking or standing, or if off-the-shelf shoes do not satisfy your needs, custom shoes might be an option for you.

Elio's custom shoe expert will begin the process by taking careful measurements of your feet while also taking note of any foot abnormalities you may have. With the completed measurements, the custom shoe expert will begin development of the lasts (also known as the shoe molds). Once the lasts have been created, the custom shoes can be put into production.

Very few shoemakers can build what YOU want. Elio's shoemakers will design and hand craft custom shoes in the style of your choice. They will make sure the custom shoes fit you like a glove and provide you with the necessary comfort and support.

Ask your doctor if your health would benefit from a pair of custom made shoes from Elio's Foot Comfort Centre.



"Thanks to Elio's now I can work, walk, and play golf because of the custom shoes made for me."

Mike Pisano



Elio's Expert Tip



Rob DiFelice

CO-OWNER &
PRODUCTION MANAGER

Elio's custom made shoes can help patients with hard to fit feet, partial foot amputation, or foot deformities that off-the-shelf shoes cannot accommodate.

Elio's Foot Facts

FOOT RELATED MEDICAL PROBLEMS

Lower backache, headaches, indigestion and a misaligned spine can often be traced to problems with your feet.

Speak to Elio's team of experts for more foot facts to make YOUR feet happy!



Insurance coverage for foot care

Do you have extended health benefits that cover custom orthotics, orthopedic footwear, custom shoes, knee bracing or compression socks? If so, we can help you process your claims.

It is important to pick a provider that has the required knowledge to handle your insurance needs. Elio's team of experts are very qualified to handle your claim properly.

We know that every insurance plan is different, so we are able to check the specifics of your plan and confirm your coverage in order to put your mind at ease.

We know that submitting your own insurance paperwork can sometimes be a daunting task, so the experts at Elio's Foot Comfort Centre are here to make the process as easy as possible for you.

We take great pride in providing you with the best service possible. We are committed to

assist you from the initial phone call you make to book your assessment all the way to your insurance claim submission after you have picked up your product(s).

The experts at Elio's Foot Comfort Centre will prepare all of your insurance paperwork and will submit it on your behalf in order to eliminate any stress for you.



Elio's Expert Tip



Laura Willighan

CUSTOMER SERVICE
& RECEPTION

Did you know patients trust Elio's staff to assist with insurance claims? Save the time and hassle to process your insurance claims and rely on Elio's service.

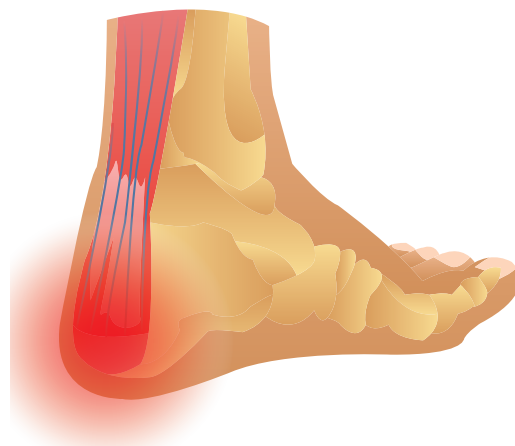


Elio's Foot Facts

FLAT FEET

Flat feet are not always problematic; if flat feet are well-aligned, they enable a person to stand for longer periods of time, as the weight is distributed over a larger area.

Speak to Elio's team of experts for more foot facts to make YOUR feet happy!



Tired, Achy Legs? Vein Pain?

Learn about Compression Socks

Are you suffering from tired, achy legs, or feeling pain caused by varicose veins? Compression hosiery is a beneficial medical aid that can help ease these uncomfortable symptoms.

Elio's experts know these symptoms often result from poor blood flow in the lower limbs. Factors that worsen blood flow include:

- Genetics
- Smoking
- Obesity
- Pregnancy
- Major Surgery
- Sedentary Lifestyle

Many medical conditions can also worsen blood flow in the lower limbs. These conditions include:

- Varicose Veins
- Deep Vein Thrombosis
- Chronic Venous Disease

Compression stockings are an often-proven solution to help people of all ages. Because of this, Elio's Foot Comfort Centre offers a specialist, with compression certification, to assist our patients.

It is important to be sized for compression hosiery by a compression specialist because wearing compression hosiery that is too tight could put harmful pressure on a superior vein or nerve.



Elio's experts will correctly measure the circumference of the patient's ankle and calf, as well as the length of their lower leg.

Some patients also require measurements to be taken of their thigh and waist.

Elio's Expert Tip



Ashley Steele

CANADIAN
CERTIFIED
PEDORTHIST

Top medical quality compression stockings offered at Elio's are made with strong, graduated elastic to help the blood flow back up to the heart to improve circulation.

TESTIMONIAL

"Elio's has knowledge and a variety of suppliers to advise me and fit the extra wide shoes I need. The day I went to Elio's was a giant step in the right direction. A year ago, with the fitting advice and care of Rob DiFelice, I chose a pair of walking boots and then a month later I was back for a pair of walking shoes.

In the year since that time I have walked with comfort and assurance here and away; in the city and in the countryside. In the past, other shoe stores gave me their widest but I didn't know

there were specialty suppliers that could go them one better. All those previous years, I had been cramped and wearing-out soles and heels on the outside. I was lopsided!! My gait was becoming unsteady and my enjoyment of walking was becoming compromised." It took the specialty shop at Elio's to finally fit me with a proper width and set me on the delightful path to walking pleasure."

Don Alexander, Elio's happy customer.

Bracing Alleviates Leg, Back, Neck, or Foot Pain

If you require medical supports and orthoses for pain in knees, back, hands, elbows, or shoulders, the experts at Elio's Foot Comfort Centre are qualified to serve your needs with Bauerfeind bracing products. These high-quality products are designed to restore mobility and improve performance.

Bauerfeind products are made from an anatomically knitted breathable fabric with visco-elastic inserts. You will find that as your joints move, Bauerfeind bracing products provide a therapeutic massage and functional support. These bracing options also stimulate circulation and promote healing.

You can rely on Elio's specialists to find a solution from Bauerfeind that meets your treatment needs. Whether you are an athlete or a person seeking a more active and healthy lifestyle, you will enjoy the quality, comfort and therapeutic effectiveness of the wide range of bracing options at Elio's.

Patients from across the Niagara Region trust Elio's Foot Comfort Centre for bracing solutions. Contact Elio's for a no charge consultation to see if bracing is a treatment solution that would work for you.

Elio's Expert Tip



Rob DiFelice

CO-OWNER &
PRODUCTION MANAGER

Elio's team of experts can show you how orthoses are used to control, stabilize or immobilize a joint.

Stabilizing orthoses from the Bauerfeind Loc® product range are proven to provide relief and support, while functional orthoses from the Bauerfeind product range can help to restore joint mobility.

Elio's team of experts will show you how multi-functional orthoses can be used as either fixed or mobile supports, depending on your personalized treatment plan.



MalleoTrain®



The MalleoTrain® active support is used to treat a sore ankle joint following injury, surgery or osteoarthritis. Two individually fitted and contoured cushions (pads) on the inner and outer malleolus help to reduce effusions.



GenuTrain®

The new generation with visco-elastic Omega pad. If your knee feels weak, is swollen or painful, the GenuTrain knee support can help you. It relieves pain, stabilizes the joint and helps to achieve faster mobilization.

COMPRESSION SOCK TRAINING



Supports your calf muscle, lower leg and stimulates the parts of the muscles that are under particular stress. Apart from providing special benefits, the socks help to prevent premature fatigue and muscle cramping.

The result: a lower risk of injury and more energy right up to the end of the match.

How Pedorthists Treat Foot Pain

If you are experiencing pain in your foot or lower limbs, the first thing you should do is consult your family physician.

With a referral from your family physician, a Canadian Certified Pedorthist will conduct a thorough consultation in order to develop a treatment plan.

For example, if you are experiencing pain in your heel and into the arch of your foot, you may have plantar fasciitis.

For this condition, we recommend icing, stretches for the calves and custom-made

orthotics.

If you are experiencing burning and pain in the ball of your foot that becomes worse with standing, walking and running; but is relieved with rest, you may suffer from metatarsalgia.

For this condition, we also recommend custom orthotics.

Pedorthists will typically recommend custom orthotics and footwear with wide and deep toe boxes, and low heels to reduce stress on the ball of the foot.

Elio's Expert Tip



Ashley Steele

CANADIAN
CERTIFIED
PEDORTHIST

Did you know Canadian Certified Pedorthists can assist in the treatment of foot pain and other foot and lower limb conditions?

The combination of custom foot orthotics, proper footwear and a pedorthic treatment plan can help get people who suffer from lower limb or foot pain back on the road to mobility.

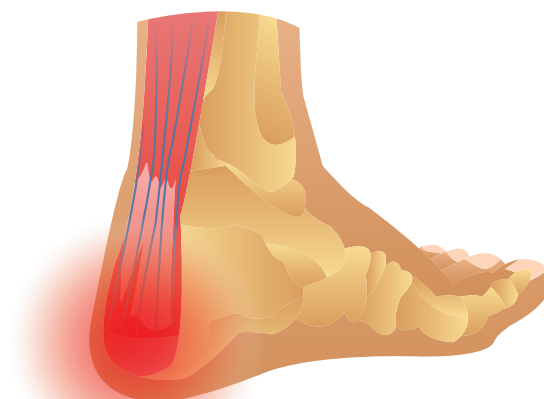


Elio's Foot Facts

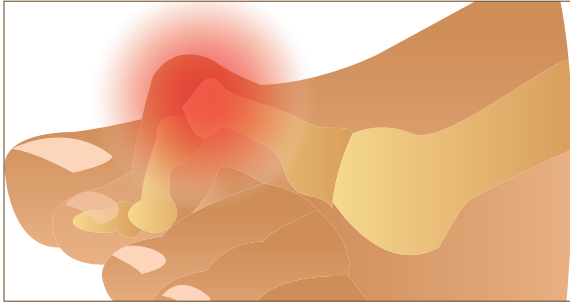
Most people have 26 bones in each foot, but some people have 28.

These extra bones called supernumerary sesamoids, are found on the bottom of the foot just behind the big toe.

Speak to Elio's team of experts for more foot facts to make YOUR feet happy!



Causes and Treatments for Hammer Toes



Hammertoes are a deformity of the lesser toes in which the knuckle becomes permanently bent. The knuckle may be flexible and correctable or stiff and rigid.

What causes a hammer toe?

Hammertoes are caused by a muscle imbalance in the toes. Genetics, trauma, arthritis and wearing tight shoes can all lead to the formation of a hammertoe.

What are the symptoms of a hammer toe?

- Pain at the top of the knuckle
- Corns at the top of the knuckle or tip of the toe
- Redness and swelling of the entire toe
- Restricted or painful motion of the toe
- Pain in the ball of the foot at the base of the affected toe

How are hammertoes treated?

- ***Pads***

Gel pads can help relieve pressure over the knuckle and tip of the toe.

- ***Shoes***

Wearing shoes with a deep, wide toe box can alleviate hammertoe irritation.

- ***Surgery***

Surgery can be performed if non-surgical treatments fail. Surgery for a hammertoe aims to correct the deformity, alleviate pain and make shoe-wear more comfortable.

Hammertoe surgery usually involves lengthening tight tendons and removing some of the bone in the toe to allow it to straighten.

A pin that sticks out of the tip of the toe may be needed to hold the toe straight while it heals. While the pin is in place, the patient must not bear weight on the front part of the foot. Weight on the heel is usually allowed. The pin is removed after four to five weeks.

After hammertoe surgery, the toe is stiffer than it used to be, but it is also straighter and easier to fit in a shoe.



Elio's Foot Health Tip

BRACING FOR HAMMER TOE THERAPY

Patients suffering from hammer toe pain can try exercises that can be done at home to stretch and strengthen foot muscles.

For example, a person can gently stretch the toes manually, or use the toes to pick things up off the floor. While watching television or reading, a person can put a towel flat under the feet and use the toes to crumple it. A Family Doctor can also prescribe a brace that pushes down on the toes to force them to stretch out their muscles.

Ask Elio's about bracing as part of a hammer toe therapy.

How Are Bunions Treated?

People think of a bunion as being a growth on the side of the foot near the big toe; however, bunions go deeper than what we can see. A bunion actually reflects a change in the anatomy of the foot. Essentially, a bunion develops when the big toe begins to point toward the second toe. This eventually produces the growth on the inside of the foot.

What are the symptoms of bunions?

Many people do not experience any symptoms in the early stages of bunion formation. Symptoms are most often experienced when the bunion becomes more pronounced, or when the patient wears high-heeled shoes or shoes that crowd the toes.

When symptoms do occur, they may include:

- Physical discomfort or pain
- A burning feeling along the side of big toe
- Redness and swelling over the bunion
- Numbness along the side of the big toe
- Difficulty walking



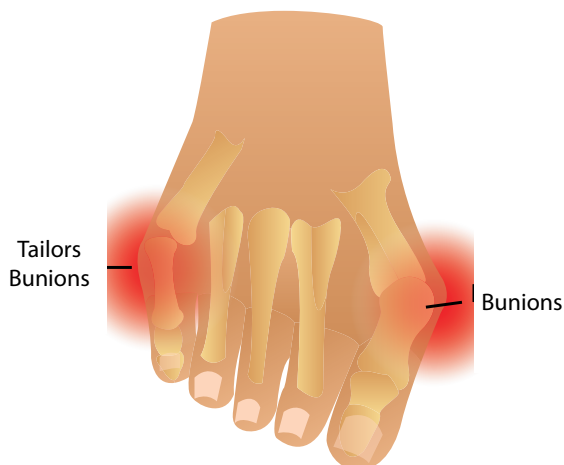
What causes bunions?

Suffering from Inflammatory conditions such as arthritis, wearing poor fitting or narrow shoes, and genetics all play a role in the development of a bunion.

Who gets bunions?

Bunions are most common in women. This is directly related to the narrow, high-heeled shoes that are popular for women.

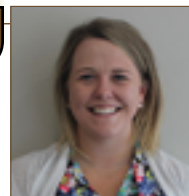
Genetics are more likely to play a role in the development of bunions in males.



Elio's Expert Tip

Cara Gorrill

CUSTOMER SERVICE
& ADMINISTRATION



How are bunions treated?

The treatment of a bunion always begins with non-surgical options.

Many of the simple treatments include:

- *Wearing properly fitted shoes*
- *Placing gel pads over the painful bunion*
- *Using custom made orthotics*

If non-surgical treatments are unsuccessful in providing pain relief, bunion surgery can be considered.

Surgery involves several different steps that are designed to straighten the big toe and restore normal function to the foot.

The bunion is removed, tight soft-tissues are released, and the bone is cut and realigned. Usually, metal pins, screws and/or plates are needed to hold the bones in the right position.

Surgery can be very effective at correcting bunions and the outcome is generally good..

Many women who suffer from painful bunions have a difficult time selecting footwear.

The Hallux line of shoes features a stretchable insert that is designed to comfortably accommodate bunions. These inserts are often visible because they are perfectly integrated into the shoe's design. Because of this, Fidelio Hallux shoes are a perfect option for women with bunions.

hallux
by fidelio

elio's
Foot Comfort Centre

Current trends are important; so, this line offers many styles to suit every woman's individual needs.

You can find perfectly fitted Fidelio footwear at Elio's Foot Comfort Centre.

All these shoes with a stretchable insert for ladies with bunions

35 6010-40
leather, black lamb/
cosmea/suede



hallux
by fidelio

32 7520-10
leather black
nappa/warm cotton lining



hallux
by fidelio

32 7520-10
leather black
nappa/warm cotton lining



hallux
by fidelio

35 6017-10
leather black nappa



hallux
by fidelio

356017-68
anthracite lamb perlato



hallux
by fidelio

26 5002-80
leather black pangea



hallux
by fidelio

26 5002-77
leather bordo pangea
gespiegelt



hallux
by fidelio

Plantar Fasciitis Symptoms and Treatments

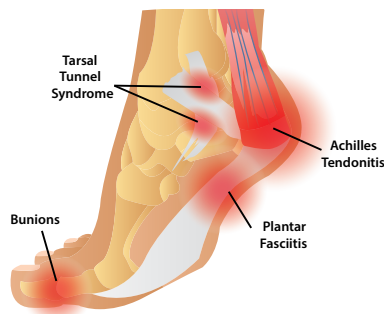
The plantar fascia is a tight band of strong tissue on the bottom of the foot that serves to help support the foot's arch. This band is attached to the heel bone and extends all the way to the toes.

Plantar fasciitis is a common condition in which the plantar fascia becomes inflamed and painful. This condition affects virtually all people at some time, but is particularly common in runners and those who stand for prolonged periods of time.

In the past, heel spurs were thought to be the source of heel pain, but currently the fascia is believed to be the primary source of discomfort in this area.

How long does plantar fasciitis take to get better?

Plantar fasciitis does not resolve quickly. Most patients will experience improvement in approximately three months.



Elio's Expert Tip



Steve Moffatt

CANADIAN CERTIFIED PEDORTHIST

What is the treatment for plantar fasciitis?

The most beneficial treatment plan for plantar fasciitis is stretching of the plantar fascia.

This is most easily done by sitting cross-legged and pulling the toes back toward the shin.

This stretch should be performed before getting out of bed in the morning and repeated hourly throughout the day.

Other treatments include:

- Wearing gel heel pads
- Wearing orthotic arch supports
- Avoiding walking or standing barefoot
- Taking anti-inflammatory medicine for two to three weeks
- Wearing more supportive shoes
- Receiving physical therapy (including ice and stretching)
- Wearing a night splint and/or a walking cast for three to six weeks
- Having a corticosteroid injection
- Receiving shock wave therapy. (This type of energy wave treatment [i.e., strong sound waves] is often tried prior to surgery).
- Having surgery (if non-surgical treatments are unsuccessful)

Plantar Fasciitis



What are the symptoms of plantar fasciitis?

The plantar fascia attaches to the heel bone, so this is typically where pain is the worst.

Because the fascia becomes particularly stiff at night, pain is usually worst in the morning when the patient begins to walk.

The pain is often aggravated by standing, walking and running.

Meet Elio's Team

Niagara's one stop shop for foot comfort is where people of all ages can rely on Elio's team of experts. Foot assessments by Canadian Certified Pedorthists help patients every step of the way. Certified technicians fabricate custom made orthotics or bracing on site in Elio's lab

equipped with leading edge technology. Elio's clients can trust experienced consultants for proper fitting and selection of quality footwear to match their lifestyle. Medical Records Specialists assist clients process insurance claims to make it simple to enjoy foot comfort.

We turn foot pain into comfort.



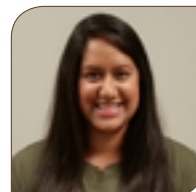
Rob DiFelice
Co-Owner
VP Production



Mario DiFelice
Co-Owner
VP Operations



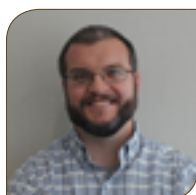
Sandy Guarasci
Business Manager /
Controller



Nida Ahmed
Chiroprapist



Ashley Steele
Certified Pedorthist



Steve Moffatt
Certified Pedorthist



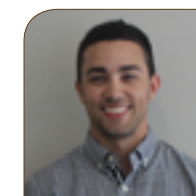
Jake Cahoon
Certified Pedorthist



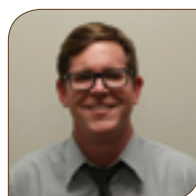
Cara Gorrill
Customer Service
& Administration



Phyllis Guitard
Retail Sales Manager



Austin Davies
Sales Associate



Taylor Millar
Sales Associate



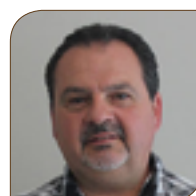
Breann Vanzant
Sales Associate



Mitchell Fedorchuk
Sales Associate



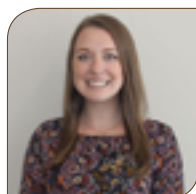
Guillermo Chicas
Lab Technician



Johnny LaFratta
Lab Technician



Santino Pulia
Lab Technician



Laura Willighan
Customer Service & Reception

WANT TO JOIN ELIO'S TEAM?

Apply online today

EliosFootComfort.com/careers

Elio's 7-Step Foot Care Check Up

Your Name: _____ Start Date: _____

Check each point in Your 7 Step Plan for Foot Health at Elio's ☐

Consult with a Canadian Certified Pedorthist on site at Elio's.

Ask for a no charge initial consultation to assess your foot care.

1	Patient History	<input type="checkbox"/> Discuss any pain or discomfort <input type="checkbox"/> Discuss daily footwear use and previous orthotic history <input type="checkbox"/> Look at daily activity levels/type of work environment
<hr/>		
2	Non Weight Bearing	<input type="checkbox"/> Perform range of motion test with unloaded foot <input type="checkbox"/> Check for areas of pressure and pain <input type="checkbox"/> Look at callusing and mechanical position
<hr/>		
3	Weight Bearing	<input type="checkbox"/> Look at knee position while standing <input type="checkbox"/> Compare a loaded arch to an unloaded arch <input type="checkbox"/> Measure hips for level <input type="checkbox"/> Test strength and range of motion
<hr/>		
4	Biomechanical Gait Assessment	<input type="checkbox"/> Observe walking up and down a hallway barefoot <input type="checkbox"/> Record position of knees/hips/back <input type="checkbox"/> Monitor heel and foot position during gait cycle
<hr/>		
5	Proper Shoe Size Measurement	<input type="checkbox"/> Measure three aspects of foot size using Brannock tool <input type="checkbox"/> Perform weight bearing measurement of both feet <input type="checkbox"/> Examine previous shoes for fit issues
<hr/>		
6	Subtalar Neutral Casting	<input type="checkbox"/> Take semi-weight bearing foam mold <input type="checkbox"/> Take non-weight bearing plaster slipper cast (if required) <input type="checkbox"/> Take full weight bearing foam mold (if required) <input type="checkbox"/> Perform 3D scan for custom shoes (if required)
<hr/>		
7	Shoe Education Session	<input type="checkbox"/> Provide basic training on types of shoes <input type="checkbox"/> Offer recommendations based on the patient's foot <input type="checkbox"/> Perform shoe size trial and fit examination

All people with foot pain need to have their feet assessed with these 7 simple steps every 6 months or more often if problems are identified.

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Let's Turn Your Pain into Comfort

*Do you suffer from foot or lower limb pain?
Elio's Pedorthists and Chiropodist can help.*

Where is your pain?

If foot or lower limb pain affects your ability to work, enjoy hobbies or conduct daily activities, Elio's team of specialists can help.

Elio's Canadian Certified Pedorthists can find you a personalized pain solution by performing an in-depth assessment that includes a biomechanical evaluation and gait analysis.

Elio's new Chiropodist can provide treatments for many foot problems including nail issues, corns, calluses, warts and skin infections; as well as provide diabetic foot care and perform minor surgeries and injections.

Elio's specialists offer many proven solutions to help our patients. These solutions include:

- Custom Orthotics
- Custom Footwear
- Orthopedic Footwear
- Footwear Modifications
- Compression Stockings
- Diabetic Footwear
- Custom Bracing
- Athletic Footwear
- Safety Footwear

elio's
Foot Comfort Centre

Lower
Back
Pain

Hip
Pain

Knee
Pain

Shin Splints

Ball of the Foot
Pain

Achilles
Pain

Flat Feet

Bunions

**MAKING FEET HAPPY
SINCE 1970**

*Thanks to our loyal customers, dedicated staff, community leaders,
and local media for their support of Elio's business since 1970.*

Elio's shall always strive to earn your trust moving forward.

**PINE SHOPPING CENTRE, 9 PINE ST. N. THOROLD
905-227-4215 | eliosfootcomfort.com**