Our Services – Chiropody

**What is Chiropodist?**

A Chiropodist is a primary health care professional that specializes in assessment, treatment/management and prevention of diseases and disorders of the foot.  An essential member of the inter professional healthcare team, the Chiropodist is skilled in assessing the needs of their patients and of managing both chronic and acute conditions affecting foot and lower limb function. Through the College of Chiropodists of Ontario, Chiropodists and Podiatrists are the only provincially regulated foot health specialists.

The role of the Chiropodist is to maintain and improve patient mobility, to alleviate foot pain, provide health education and thereby improving one’s quality of life.   A Chiropodist provides care to a diverse range of patients and can specialize in:

* Diabetic foot care
* Sport injuries
* Paediatric foot care
* Geriatrics foot care
* Rheumatology
* Biomechanical and gait analysis
* Off the shelf and Custom orthotics
* Custom footwear
* Soft tissue surgery
* Wound care related to the lower limb and foot.
* Treatment of Skin Conditions – warts, callus and corns, athlete’s foot and dermatitis
* Treatment of Toe Nail Conditions – fungal toe nails, thick toenails and

ingrown toenails

* Treatment of Foot Ailments – including general foot and ankle pain, heel

         pain, arch pain, toe pain, sprains and strains

* Treatment of Structural Foot Conditions – high arched feet, flat feet,

         bunions and hammer toes

* Footwear Advice and Modifications
* Soft Tissue Surgery
* Wound Management

Foot deformities, infections and injuries not only limit your mobility, but can detrimentally affect your health and quality of life.

The average person will walk the equivalent of five times around the earth in their lifetime.

What does the treatment involve?  
  
Your chiropodist will begin by taking a detailed history. Then a thorough musculoskeletal assessment is carried out to identify the exact nature and extent of the issue. Any underlying biomechanical problems that may be contributing to the problem are identified i.e. flat feet, high or rigid arches, weaknesses. The therapist will then clearly explain the findings and help you understand what happening. The Chiropodist will work with you to develop a treatment plan that takes into account your lifestyle, leisure activities, general health, and goals. This will include advice on how you can help yourself; for example, you may receive educated on appropriate footwear.

Chiropodists use a variety of proven treatments. For example:

* Nail trimming and treatment of common nail problems.
* Nail surgery
* Gentle reduction of dry, callused skin and removal of corns
* Wart treatment
* Custom and off the shelf orthotics
* Professionally fitted shoes
* Custom shoes

Podiatrists are experts at dealing with ingrown toe nails and have pioneered many new nail surgery techniques

The Chiropodist will re-evaluate your progress at regular intervals, modifying treatment and goals when necessary.

Our Chiropodist is dedicated to providing you with the best care available. Our Chiropodist is a member of the College of Chiropodists of Ontario. He participates in continuing education via regular professional education and attendance at professional courses and literature reviews.

Chiropody deals with foot care at all stages of life. We are here to help you move well and maintain a comfortable and active life.

**Do I need a referral to see a Chiropodist?**

In Ontario, you do **not** require a doctor’s referral as chiropodists are independently licenced and regulated health care professional.

* However, most extended health insurance providers do require a doctor’s referral in order for your treatment to be reimbursed. Check with you insurance provider to determine their requirements.
* Patients going through Department of Veteran’s Affairs (DVA) do require a doctor’s referral

If you would like to know more about Chiropody and how the skills and qualifications of a chiropodist can help you, here are some useful links:

Ontario Society of Chiropodists – [www.ontariochiropodist.com](http://www.ontariochiropodist.com)

Canadian Federation of Podiatric Medicine - [www.podiatryinfocanada.ca/Public/Home.aspx](http://www.podiatryinfocanada.ca/Public/Home.aspx)

College of Chiropodists of Ontario - [www.cocoo.on.ca](http://www.cocoo.on.ca)