

# INTRODUCTION

*The Foot Institute is dedicated to the medical and surgical treatment of the foot. Our mandate is to provide the best possible medical, surgical and preventative treatment available for our patients. We do this by providing well-trained Doctors committed to treat and prevent all types of foot pain, biomechanical disorders, surgical matters, as well as all other problems relating to the feet. The Foot Institute has clinics located across Alberta all staffed with caring, competent and professional individuals committed to increase the quality of life for our patients.*

## MEDICAL SPECIALITY

Doctors at The Foot Institute specialize in the medical and surgical treatment of the foot. They spend an average of 10 years in higher education, the first four years in undergraduate studies to obtain a Bachelors Degree, and the second four years in Medical School to obtain a Podiatric Medical Degree. Podiatric Medical School is similar to conventional medical school and in fact several podiatry programs are located within these schools. After obtaining a Podiatric Medical Degree, all Doctors at the Foot Institute complete a hospital "internship" or residency for another one to three years.

At the completion of the internship or residency, our Podiatrists have received extensive medical and surgical training with an emphasis on problems concerning the feet and ankles. They are trained to treat problems ranging from common ailments such as fungal and ingrown toenails, to those which are more complex such as clubfoot, bunions, or reconstructive surgery of the foot. Doctors at The Foot Institute have extensive surgical training which gives them the experience necessary to perform surgery on those problems that are best treated through surgical intervention.

Doctors at the Foot Institute also have a thorough knowledge and understanding of biomechanics, which is the study of the forces

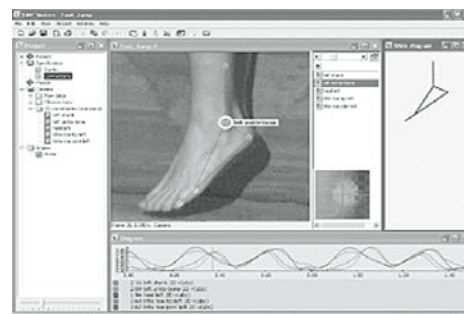
which the feet and legs undergo as we walk, run or perform other activities. Understanding biomechanics and gait abnormalities, enables a Podiatrist to design shoes and orthotics which can give pain relief and prevent many problems which the feet commonly encounter.

## COMMONLY TREATED PROBLEMS

At the Foot Institute, our Doctors are trained to specifically treat problems associated with your feet or ankles. Below are several of the most common problems that we see on a day-to-day basis.

### Biomechanical Dysfunction

Many symptoms, from general fatigue, back and knee pain, to painful foot problems such as bunions, calluses and hammertoes, can often be attributed to collapsed or fallen arches or other biomechanical problems relating to the feet. Prescription functional foot orthotics help to alleviate these discomforts by supporting the foot and restoring the proper alignment of the joints and bones within the foot. Patients are referred to the Foot Institute's brochure on orthotics for a complete discussion on this topic.



### Plantar Fasciitis/Heel Spurs

A very common cause of foot pain is Plantar Fasciitis. This condition is often very painful and without medical attention, will generally deteriorate and cause an increase in sick days, immobility and chronic symptoms. Plantar Fasciitis is an injury to one or more of the five ligaments or bands which connect the metatarsals to the heel. The most common symptoms are pain under the heel when first getting out of bed in the morning or upon getting up after sitting. Often individuals have their "good days" and "bad days" but the problem seldom resolves itself without proper treatment.

### Forefoot Pain

Most forefoot pain is caused due to inflammation from improper biomechanics. A neuroma is a common cause of foot pain, it is a nerve that becomes irritated and most commonly occurs in the ball of the foot. Patients often describe the pain as "shooting", "burning", or "tingling" that gets worse with activity.

### Ingrown Toenail

These most often occur on the big toe. They are commonly caused by pressure or prior trauma to the nail bed. If not treated promptly and properly, they can become infected and can lead to more serious problems.

### Constantly Sore Feet / Fatigue

Our feet take a beating from the day we first learn to walk. The foot is a complex structure, each with 26 bones and dozens of ligaments, and tendons.



Many people walk their entire lives with minor abnormalities in their gait which become symptomatic with age. These abnormalities can be treated with prescription custom molded orthotics which are inserts that can be transferred from shoe to shoe.

### Bunions and Hammertoes

Bunions and Hammertoes are common problems that can often be treated successfully with conservative as well as surgical treatment. Patients are referred to the brochure on Surgery for an in-depth discussion on bunions, hammertoes, neuromas and related surgical issues.

### Corns, Calluses, Warts and Fungal Infection

Patients suffering from corns, calluses, warts or fungal infection are encouraged to see their foot specialist as there is a broad spectrum of treatments, medication and patient information available.

### Knee, Hip and Lower Back Pain

Because the foot is the foundation for the entire skeletal system of the body, improper foot biomechanics often affect other areas such as the knees, hips and back. Pronation, supination and other biomechanical problems often lead to abnormal and excessive forces on various joints, ligaments, muscles and other musculoskeletal structures. Over time, these forces can cause breakdown of the skeletal-musculature system with resultant difficulties in the feet, knees, hips and back. Podiatrists at the Foot Institute are specifically trained to diagnose and treat these types of problems as well as all other problems relating to the feet.

### Athletes and Sport Enthusiasts

As the feet of sport enthusiasts and athletes are often subject to unique and abnormal stresses, Podiatrists are often beneficial in preventing or treating injury as well as enhancing athletic

performance. Athletes are encouraged to talk with our Doctors to determine if our assistance would be beneficial.

### APPOINTMENTS

Your time is very important to us. We make every effort to be on time but occasionally unscheduled or late appointments cause us to run behind. We ask for your assistance by having all new patients arrive 10 minutes prior to your appointment so that necessary medical forms can be completed. Please ensure that you have your Alberta Health Card when you arrive for your appointment.

### PAYMENT / TAX DEDUCTIBILITY

At most locations payment for your initial consultation can be made by Cash, Visa, Mastercard, debit or cheque. Your initial consultation fee does not include major treatments that may be required. To make matters more convenient for you, and to help keep us on schedule, please have your payment ready prior to your treatment. Additional charges apply for surgical procedures, orthotics and other treatments. Individual insurance may cover these additional fees so you are urged to contact your private insurance company. Fees are generally tax deductible, so please save your receipts for tax time.



Dr. Scott Hollingsworth, DPM



Dr. Richard Mandal, DPM



Dr. Todd Schnoor, DPM



Dr. Jason Lehr, DPM



Dr. Mike Motyer, DPM

### Northern Alberta Clinic Directory

Please visit our Locations page on our website

\* Please book appointments directly with clinics.

In Edmonton and area Call **780-444-FOOT** (3668) to book an appointment near you.

*The Foot Institute is independently owned and operated from the above clinics and institutions and is an association of Doctors specializing in the Medical and surgical treatment of the Foot and Ankle.\*\* © Foot Institute Management Inc.*

\*Doctors of Podiatric Medicine

### South / Central Alberta Clinic Directory

Please visit our Locations page on our website

\* Please book appointments directly with clinics.

In Calgary and area Call **403-242-FOOT** (3668) to book an appointment near you.

*The Foot Institute is independently owned and operated from the above clinics and institutions and is an association of Doctors specializing in the Medical and surgical treatment of the Foot and Ankle.\*\* © Foot Institute Management Inc.*

\*Doctors of Podiatric Medicine

For more information visit our web site at [www.footinstitute.com](http://www.footinstitute.com)

## The Foot Institute

An Association of Doctors Specializing in the Medical & Surgical Treatment of the Foot and Ankle\*

- Dr. Scott Hollingsworth, DPM
- Dr. Brent Young, DPM
- Dr. Richard Mandal, DPM
- Dr. Todd Schnoor, DPM
- Dr. Jason Lehr, DPM
- Dr. Mike Motyer, DPM

**780-444- FOOT** (3668) - Edmonton and Area  
**403-242- FOOT** (3668) - Calgary and Area

THE FOOT INSTITUTE

*Do you have pain in your...*

- **Feet?**
- **Ankles?**
- **Knees?**
- **Hips or Back?**



*If you have pain in your feet, knees or back, it may be the result of improper foot biomechanics. In the majority of cases, Doctors at the Foot Institute can successfully treat your painful feet.*

\*Doctors of Podiatric Medicine