

Monthly Newsletter

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Accepting new patients

Contact Your Foot

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Oh No!!

In Apr, we had 10 patients who failed to attend their appointment! Please do let us know if you cannot attend so we can offer the slot to a patient on our waiting list



We have moved.....new suite.....same building.

Yes, we are delighted to inform you that we have moved offices. It has been an exciting time for our team and our patients, and we have planned our move from the 3rd Floor down to the 2nd floor.

A new office means an array of things for our patients and the region.

We will be able to serve Niagara Falls and the region better by treating more foot conditions and helping more foot problems than ever.

Our existing patient's will find it easier to access their appointments and treatment and we are excited to be able to offer increased flexibility within our office.

As Niagara changes, we seek to meet the growing needs of the region – seeing more of the new patients that seek assessment either by self-referral or by physician-referral to us.

As the needs of the population change, so we can continue to develop our clinical services to enhance our overall clinical offering.



Overall, the new suite will have easier accesses for those with disabilities with our team having more rooms to see patients, chart notes, do administration and have meetings. Not to mention somewhere to eat their lunch!

We look forward to seeing you in our new office soon. Invite your friends and family (suite 203) – we are accepting new patients now!



Big Toe Stiffness

Toe stiffness is also known as Hallux Rigidus. This condition occurs in the big toe, where the joint at its base stiffens. Hallux Rigidus is a form of arthritis that can make walking quite painful and laborious. It usually occurs in adults from 30 to 60 years of age.

Causes of Toe Stiffness

Toe stiffness can occur as a result of damage to the cartilage that covers the MTP joint of the toe. When this smooth articular cartilage is damaged, it causes the bone

ends to rub together which can result in bone spur overgrowth (osteophyte) at the base. The growth prevents the bending of the toe, making it stiff. Here are some common ways that the cartilage may become damaged:

- Age-related wear and tear.
- Traumatic injury to the toe with acute or chronic damage to the cartilage.
- Flat feet or bunions exerting stress on the joint.

Toe Stiffness (Cont'd from previous page)

- Genetic factors.

Signs and Symptoms

A person with toe stiffness or hallux rigidus can have a combination of the following symptoms.

- Pain and discomfort in the toe joint while walking. The pain is experienced both on the surface and deep within.
- A hard bump can be felt on the top of the foot.

- Redness or swelling and pain when wearing shoes.
- Stiffness and inability to bend the big toe.

Treatment of Toe Stiffness

After confirmation of the cause of toe stiffness through a thorough examination and imaging tests, the treatment can either be non-surgical or surgical.



• Non-Surgical Treatment

Medications like NSAIDS and topical anti-inflammatory drugs can alleviate pain and swelling associated with toe stiffness. Cold and hot water can also be used in alternation to help with mobility and stiffness. Furthermore, modified footwear can be used with a large toe box to prevent further damage and injury.

Corticosteroid injections are another non-surgical treatment option, which may be appropriate. Your Chiroprapist may prescribe specific orthotics and / or footwear to facilitate walking over the joint or to reduce

pain when pivoting over the joint. Discuss other conservative treatments with your Chiroprapist.

• Surgical Treatment

Before considering surgery you will benefit from exploring conservative options with your Chiroprapist.

Surgical procedures for toe stiffness include Cheilectomy where the bone spurs and a portion of the big toe bone are removed and Arthrodesis where the bones are fused together.

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*The Care,
Professionalism and
Time that your feet
deserve*



Toe Stiffness (Cont'd from previous page)

Big toe joint implants are also an option for some patients.

Your surgeon would likely discuss the best option suited to you, your toe and your lifestyle. ♦

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