



This Month We Focus on Your Feet!!

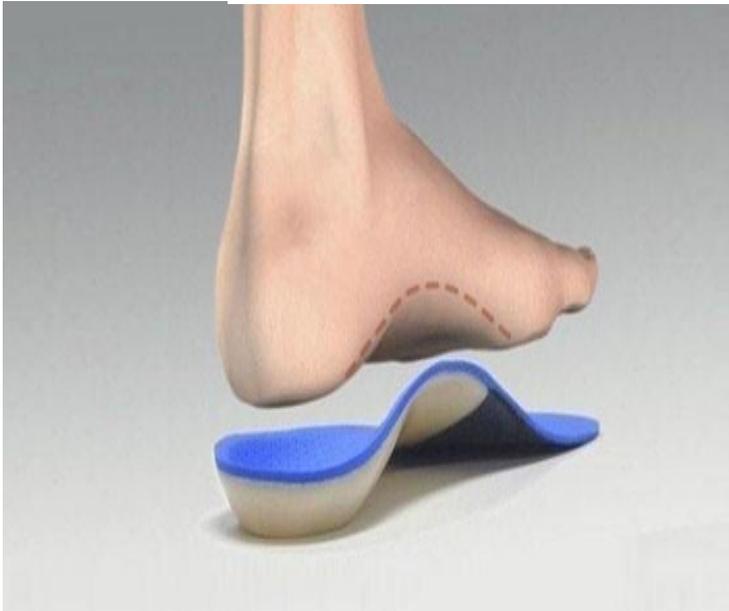


Image Above:

This image shows a custom fit orthotic, made perfectly to fit this person's foot!

Do you have back pain?

Hip or knee pain?

Sore feet?

Sore arches or balls of your feet?

Tight Achilles tendon?

These conditions and more can often be cured or reversed by wearing professionally custom fitted orthotics!

Join us this month of March for: “Arch Madness”!



From March 1st-31st, book an appointment to have a full gait analysis, and professionally custom fitted orthotics by one of our doctors!

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Our gift to you this month:

Receive **\$100 off** of your first pair of orthotics, or **\$225 off** of two pairs!



Wayne's Big Adventures

(Wayne takes on the Ice!)

With the NHL Hockey season underway after a long lock-out, adventurous Wayne decided that he should teach himself how to play the sport, in hopes of trying out for the NHL the following season.

Since Wayne was new to ice hockey, he went out and bought the most expensive equipment on the market, in hopes of looking “cool” on the ice. Little did he know that learning an advanced sport such as hockey as an adult, would be so difficult.

Fearless Wayne joined a hockey league and began his “professional hockey player training.” In Wayne’s first game, he looked like a fawn on the ice. His knees were quivering as he skated around cautiously, and he spent a minute at a time attempting to pick up his dropped stick from the ice with his new hockey gloves. Needless to say, Wayne was NOT a natural hockey player.

After twenty or more wipeouts by Wayne, the final buzzer sounded and the game was over. Despite all the bruises on his body, Wayne was feeling pretty good about his performance. (His teammates were not as impressed). He went home, showered, and started to realize that the arches of his feet were bothering him, and he was having a lot of knee pain. He decided to try to sleep off the pain with no success as weeks passed with no change.

Wayne finally realized that enough was enough, and decided to call his friends at the MVA Pain Clinic, since they had helped him with his previous injuries. When he went in to see one of the Doctors, they did an examination on him, performed a full gait analysis, and they fitted him for custom orthotics. The Doctor was confident that Wayne needed a pair of orthotics for his hockey skates, and a pair for the shoes he wore every day.

The staff at the MVA Pain Clinic called Wayne when his orthotics came in so that he could come and try them in his shoes before taking them home. He was ecstatic, because in his mind, these custom fit orthotics by a doctor were going to be the missing piece of the puzzle to helping him make it into the NHL.

Wayne got back on the ice with his new Orthotics. His performance was still poor at best, however, the arches of his feet and his knees felt great!

(Although the above story is fiction, Doctors at the MVA Pain Clinic have the expertise to custom fit orthotics if you experience foot, knee, hip, or back pain)

Gluten-Free Chocolate Mint Chip Cookies

Ingredients:

- 1 1/8 cup light buckwheat flour (see note)
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup (1 stick) unsalted butter
- 3/4 cup brown sugar
- 1/2 tsp natural peppermint extract (for original chocolate chip cookies, use 1 teaspoon vanilla extract)
- 1 large egg
- 1 cup (6 ounces) gluten-free chocolate chips
- 1/2 cup chopped nuts (optional)

Preparation: Preheat oven to 375° F / 190° C

Line 2 large baking sheets with parchment paper or lightly oil. Combine dry ingredients in a medium bowl and whisk to combine. In a large mixing bowl, combine egg and sugar and beat with an electric mixer on high until light and fluffy. Add butter and beat on high until combined. Add extract and beat briefly. Add dry ingredients and mix until combined. Stir in chocolate chips and nuts (optional).

Bake in preheated oven for 9-11 minutes or until cookies are crisp on edges and slightly soft in the middle. Let cool before eating.



MVA Pain Clinic – Newsletter

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The Benefits of Orthotics for Children

Orthotics help correct abnormal foot positions that can make walking painful or difficult for your child. Although commonly called arch supports, orthotics slightly alter the angles at which the foot strikes a walking or running surface, making walking, running and standing more comfortable and efficient. Your doctor or podiatrist will recommend a specific type of orthotic based on your child's condition.

IDENTIFICATION: Doctors use orthotics, rigid shoe inserts, to hold the feet in a more normal position or relieve excess pressure on the foot. Although you can find arch supports in any drugstore, these products may not correct your child's specific problem and may even worsen it. Pediatric orthotics can only be obtained from a doctor or podiatrist and are custom-made to address your child's foot condition.

CONDITIONS: Doctors use orthotics to treat several pediatric foot conditions, including flatfoot, Sever's disease and metatarsus adductus. Flatfoot results from a fully or partially collapsed arch and can cause an awkward gait and cramping and pain in the foot, knee or leg. Sever's disease occurs when the growth plate in your child's heel becomes inflamed, causing swelling, pain and stiffness in the heel. If your child has metatarsus adductus, you may notice that the front of her foot points inward while her heel remains in its natural position. Metatarsus adductus commonly occurs in young children and infants as a result of the feet being bent while in the womb.

BENEFITS: Wearing orthotics every day will help reduce the pain and cramping your child experiences in his knees, feet or legs due to his foot condition. Starting orthotic use early can help reduce the chance that a child who has metatarsus adductus will later need bracing or corrective surgery. If your child has Sever's disease, wearing an orthotic will help reduce heel pain and prevent limping. Kids Health reports that although Sever's disease usually heals quickly, it can recur if long-term measures are not taken to protect the heel during a child's growing years.

<http://ontariospinecare.wordpress.com/2013/03/05/the-benefits-of-orthotics-for-children/>

Health IQ Corner

How many vertebrae (bones of the spine) do humans have?

- a) 24 plus sacrum and coccyx
- b) 29 plus sacrum and coccyx
- c) 21 plus sacrum and coccyx

Answer in the upcoming April Newsletter

Answer to last Feb. Newsletter question: c) 26

Services Offered at our Clinic:

- Chiropractic
- Proadjuster Computerized Chiropractic
- Acupuncture
- Massage
- Spinal Decompression
- MedX Rehabilitation Technology
- Orthotics Fitting
- Theralase Cold Laser Therapy



“We are what we repeatedly do. Excellence, therefore, is not an act, but a habit.”
~Aristotle