TAKING A FIRM STAND AGAINST FOOT AND JOINT PAIN

PUT YOUR BEST FOOT FORWARD IN 2012 with support from Advanced Foot & Brace Centre, the one stop orthotic and bracing shop at 2425 Tecumseh Rd. E., Windsor. When overuse, accident or aging brings weakness or stiffness to your wrist, knee, ankle, foot or other body joints, Advance Foot & Brace Centre has beneficial solutions. “We treat individuals of all ages, abilities and levels of fitness for everything from mild sprains to severe osteoarthritis,” says manager Nadia Jakowiec.

ORTHOTICS
Advanced Foot & Brace Centre's owner, Ruth Ann Winbaum, is a Registered Nurse and Canadian Certified Pedorthist and works along with Dr. Greg Cooper, Chiropractor, they are trained professionals in the assessment of lower limb anatomy and biomechanics. Their specialized education and training in the design, manufacture, fit and modification of foot orthotics help to alleviate foot and lower limb problems.

“Our orthotics are truly custom made,” Nadia says. The custom made orthotics fit into your shoe to provide a supportive foot bed. It controls your foot's biomechanical functions, providing the right support and helping to alleviate discomfort with problems such as plantar fasciitis, heel spurs, calluses, shin splints, back, knee, hip and lower limb pain issues. Truly custom made orthotics can be made with different materials depending on foot or lower limb problems and type of footwear requirements.

Six weeks after you have worn your orthotics, Advanced Foot & Brace Centre rechecks the fit and effectiveness of your orthotics to make sure your issues are improving. To obtain an appointment, first discuss your foot health issues with your doctor who can write a prescription and proper diagnosis your foot or lower limb problem. Custom made orthotics are covered under most insurance plans with a medical doctor's prescription.

FOOTWEAR
In addition to having custom orthotics made at Advanced Foot & Brace Centre, you can also find the perfect shoes to accommodate your orthotics. “Our shoes are available in a wide range of sizes and widths. We are the largest Birkenstock dealer in all of southwestern Ontario and also have a huge stock of comfort European shoes with orthopedic qualities, including Allegria, Dansko, Finn Comfort, Gabor, New Balance, Saucony FitFlop and Think. These lines combine comfort with fashion, with styles for work, recreation, shopping and other lifestyle activities,” Nadia says.

Listening to men and women complaining of foot and back pain, Nadia finds "people often don't require orthotics:
they just need the right footwear.” If a shoe pinches or hurts when you try it on, don’t buy it. “You shouldn’t have to break in new shoes. Footwear needs to fit you from the outset,” Nadia maintains. Advanced Foot & Brace Centre’s trained staff can help guide you into proper fitting footwear to help alleviate your discomfort or to help prevent any future pain. No single type of footwear is appropriate for every individual or every activity. Most people find that their footwear needs will vary according to their activities and performance levels. For example, shoes designed for office wear are probably not suitable to support feet through a long afternoon at a shopping mall. We carry a wide variety of brands available in different sizes and widths to accommodate your foot type and problems.

**COMPRESSION SOCKS**

People who stand long hours on the job, including cashiers, teachers, nurses and factory workers, hobble into Advanced Foot & Brace Centre with tired, aching feet, swollen ankles and visibly throbbing various veins. Advanced Foot & Brace Centre recommends “compression stockings, prescribed by a doctor, that fight gravity, keep your blood flowing and alleviate the achy leg pain.” The centre stocks many compression stocking brands but are very excited about the new Bauerfeind brand. Bauerfeind compression stockings feature antimicrobial foot beds and breathable microfibers that wick away moisture, keeping feet dry and comfortable.

“Bauerfeind stockings have proven effective in Europe for 80 years. The feedback from our existing patients has been positive they seem to love the fit, feel and variety that Bauerfeind provides.”

**FOOT CARE**

Advanced Foot & Brace Centre nurses provide foot care services including corn and callus treatment, nail clipping, ingrown toenail treatment and diabetic foot care. The medical pedicures are offered either at Advanced Foot & Brace Centre or home visits are available throughout Windsor and Essex County for patients who are not mobile. These services can be covered under some insurance plans.

**BRACING**

The body’s many joints are all susceptible to damage. “From simple tennis elbow to osteoarthritis in the knees, there is a brace for everything,” Nadia says. The right brace protects and sustains the weakened joint while it recovers through time and therapy. Dr. Gregory Jasey, a local orthopedic surgeon, refers all his patients to Advanced Foot & Brace Centre for their bracing needs. The centre has a wide range of orthopedic braces used for surgeries, fractured limbs such as wrist & feet to more advanced bracing needs such as a DonJoy Custom Made Knee Brace. The DonJoy brand is a leading global provider of high quality orthopaedic devices with a broad range of products used for rehabilitation and pain management. The centre has over 10 years of experience fitting patients in the right brace from the weekend warrior to the professional athlete. With a prescription, most insurance companies cover the cost of bracing.

By suffering needlessly with soreness, you could be contributing to even worse pain and deterioration in the future. “Don’t put up with discomfort or put off seeking treatment. Take action! We can help.”

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**ADVANCED FOOT & BRACE CENTRE**

2425 Tecumseh Rd. E.
Walker & Tecumseh
Next door to Blockbuster
519-256-7774
FREE PARKING IN REAR

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