

WHO WE ARE

FOOT CARE FOR ALL

CUSTOM ORTHOTICS & COMPRESSION THERAPY

We're Canada's largest Specialist Care Provider in Diabetes & Endocrinology. We're dedicated to transforming diabetes care for the better, by making it more accessible, comprehensive and patient-centred than ever before.

Foot problems are common in people living with Diabetes. Diabetes may cause neuropathy (nerve damage) along with arterial disease (poor blood circulation).

Individuals with Diabetes are less likely to feel even the smallest of foot injuries. Left untreated, foot injuries can lead to infection and in severe cases, amputation.

We offer diabetes foot risk assessments at our Chiropody and Foot Care Clinics. Make foot care an essential part of your diabetes management!

LMC Chiropody & Foot Care

Our LMC Chiropodists are trained medical professionals specializing in the assessment and treatment of foot conditions.

We offer thorough foot exams, the highest standards of infection control, specialized soft tissue surgeries and prescription medication.

Whether you're someone who wants to learn better ways to keep your kids and family healthy, keep in shape, or someone who has difficulty attending to your own feet, our team can provide care for your specific needs.



Chiropody Services: Preventative and Ongoing care

- Diabetes Foot Risk Assessments
- Nail and Callous Care
- Wound Management

Foot Treatments

- Fungal Nails & Athlete's Foot Treatment
- Ingrown Toenail Surgery
- Wart Treatment
- Bunion & Corn Treatment
- Plantar Fasciitis & Heel Pain Treatment

Orthopaedic Devices

- Biomechanical Assessment & Gait Analysis
- Custom made Orthotics
- Orthopaedic Footwear Advice
- Custom made Shoes
- Varicose Vein Assessments
- Compression Stockings & Hosiery

WHAT ARE CUSTOM-MADE ORTHOTICS?

Orthotics are designed to correct the alignment of the foot and ankle. They are placed in shoes to improve foot pain and walking patterns. Each pair is made directly from a 3D laser scan of your foot. They allow for better pressure distribution to reduce and prevent foot pain and complications.

Orthotics are used for:

- Ankle/Knee/Hip/Back Pain
- Arthritis
- Bunions
- Diabetic Neuropathy
- Flat feet/High Arches
- Intoed/Outoed gait
- Leg Length Discrepancy
- Metatarsalgia/Forefoot pain
- Morton's Neuroma
- Pediatric Flat Foot
- Plantar Fasciitis/Heel pain
- Pressure Wounds/Ulcers



COMPRESSION THERAPY

Compression Therapy is available in different gradients, or levels of pressure, and comes in the form of socks, knee highs, thigh stockings and full waist-to-toe hosiery.

Compression stockings and hosiery are used for:

- Control swelling in the legs
- Improve circulation and blood flow
- Decrease leg pain

Some common uses are:

- Varicose Veins and Spider Veins
- Edema or Swelling
- Venous Ulcers
- Circulation Support or Ankle and Leg Swelling during Pregnancy

call **1.844.LMC.FOOT (562.3668)**

email **footcare@LMC.ca**

visit us online **LMC.ca**

FAQS

Does OHIP cover my initial visit?

Chiropractic services, Orthotics and Compression Therapy Stockings are covered by most extended health benefit plans.

Do I require a referral?

No referral is required for Chiropractic appointments.

Note: Please check with your extended health benefits company to see if you require a referral dated prior to your initial assessment in order to be reimbursed by the plan.

What should I expect at my initial assessment?

The first time your LMC Chiropractor sees you, they will:

- Thoroughly examine your feet
- If you have diabetes, a Diabetes Foot Risk Assessment will be conducted
- Take a medical history of your general health
- Provide an individualized treatment, such as nail care, callous care or wart treatment
- Develop a personalized treatment plan for your foot care needs
- Provide education on potential foot health risks and information on how to better care for your feet

LOCATIONS

LMC BARRIE

370 Bayview Drive
Suite 110
Barrie, ON L4N 7L3
T 705.737.0830
F 705.737.0679

LMC BRAMPTON

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Brampton, ON L6S 0C6
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F 905.595.0562

LMC ETOBICOKE

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F 416.645.1036

LMC MID-TORONTO

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LMC OAKVILLE

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LMC OTTAWA

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LMC VAUGHAN/ THORNHILL

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T 905.763.8660
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BOOK AN APPOINTMENT

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