



# ABBOTT

FOOT & ANKLE CLINIC

Tony L. Abbott D.C.H  
234 St. Marie Street  
Collingwood, ON  
L9Y 3K5

Mon - Tue: 9am to 5pm  
Wed: 9am to 12pm  
Thu: 10am to 6pm



705.444.9929

I'm Here Because:

Click the buttons below to see the related video

"My Heels Hurt"

"I Have Diabetes"

"I Have Questions About My Feet"

[www.abbottfootclinic.ca](http://www.abbottfootclinic.ca)

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## NOT TREATING AN ANKLE SPRAIN CAN LEAD TO PROBLEMS

When one sprains their ankle, the ligaments stretch. In fact, there are micro-tears of the ligament fibers. If not treated immediately, scar tissue can form between these torn fibers. This will lead to a very tight and painful ankle and makes it more difficult to treat.

An ankle sprain is an injury to one or more ligaments in the ankle, usually on the outside of the ankle. Ligaments are bands of tissue—like rubber bands—that connect one bone to another and bind the joints together. In the ankle joint, ligaments provide stability by limiting side-to-side movement. However, not all ankle injuries are sprains; they can be fractures of bone, fractures of cartilage or even torn tendons or ligaments.

In children, ankle injuries can be growth plate injuries. Ankle injuries often result from a fall, a sudden twist, or a blow that forces the ankle joint out of its normal position. Ankle sprains commonly occur while participating in sports, wearing inappropriate shoes, or walking or running on an uneven surface. The signs and symptoms of ankle sprains may include: pain or soreness, swelling, bruising, difficulty walking, and stiffness in the joint. All ankle injuries need professional attention; neglecting them can lead to more serious problems. These problems can be avoided by prompt diagnosis and treatment.

The pain from an ankle sprain can be very debilitating. The area can become very tender and swollen. Thankfully, we have the latest technology for our patients to drastically reduce the symptoms of an ankle sprain or fracture. Using the laser to treat your pain means you don't have to deal with the dreaded injection. This treatment is NON-INVASIVE, QUICK and EASY. The laser is great for pain as it is quick acting and very effective. This treatment can help save you the *inconvenience* and *risk of having surgery*.

## More than 25,000 people sprain their ankles every day, according to the American Orthopaedic Foot and Ankle Society.



Here is a family picture at the top of Mt. Washington while on a recent vacation down to New Hampshire. As you can see it

was quite windy that day! We took the old Cog Railway up the mountain. I will have more about our hiking in the mountains next month.

## SAVE MONEY BY WALKING OR BIKING

**The Abbott Foot and Ankle Clinic** is encouraging all of their patients who are able, to walk or bike to their foot care appointment during July and August. In doing so, you will save \$1.00 off the cost of your appointment. For each dollar saved, we will donate that amount to the **Collingwood Environment Network's Active and Safe Routes program.**

The Active and Safe Routes to School is a program designed to ...

[\(Read full story\)](#)

## Facebook Fan Page!

ALERT!



Log on and "LIKE" us...

- Receive tons of helpful foot tips
- Contests with BIG PRIZES
- And much more!



**Abbott Foot & Ankle Clinic**

**234 Main Street  
Coolingwood, ON L9Y 3K5**

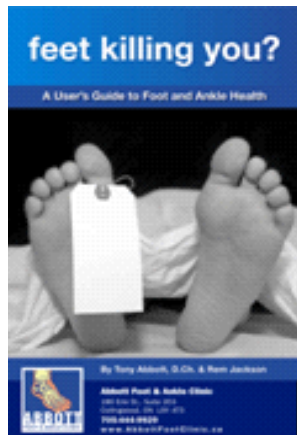
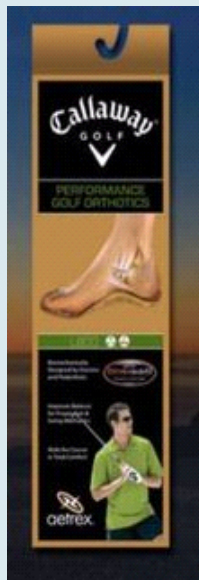
[www.abbottfootclinic.ca](http://www.abbottfootclinic.ca)

### Special Offer!

Callaway golf insoles on sale Aug 15– Sept 1.

**40% off**

With Callaway Golf Prefab Orthotics you'll feel as good on the 18th hole as you did at the start of your day. These extraordinary insoles fit comfortably in golf footwear and feature a CopperGuard™ to help prevent bacteria, fungi, and odor to keep your feet healthy and clean.



Order a **FREE COPY** of feet killing you? A User's Guide to Foot and Ankle Health by visiting our website at [www.abbottfootclinic.ca](http://www.abbottfootclinic.ca) or by calling 1.888.435.3667 ext.105. *"I wrote this book because too many people suffer needlessly with foot pain."* Tony Abbott D.Ch.

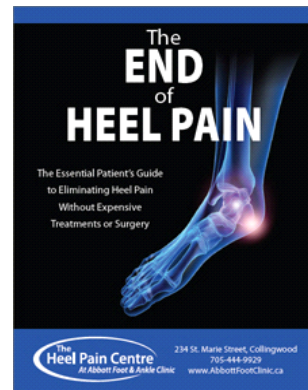
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### It is NOT Normal to have Heel Pain!!

Some people go through their lives just dealing with excruciating and debilitating heel pain. Why on earth would people continue to put themselves through that?! There are so many new, painless procedures that can eliminate foot pain for good. Here are 2 quick, affordable, and painless treatment options:

1. **Laser**– quick, affordable and painless
2. **Orthotics**– long lasting pain relief

### HEEL PAIN CENTRE – NOW OPEN!



Request your **FREE** report now!

### Special Announcement!

Watch for our brand new, completely redesigned newsletter template coming in September. We have had our graphic designers working hard to develop a format that is fun and easy to read, while providing you the foot health education you need! The first issue should arrive Sept 1!