



High Speed Digital Video Gait Analysis

In April of this year we purchased and installed a PEDIGAIT four camera digital video gait analysis system in the office. It has been in use for 6 months and we are very pleased with the results and patient feedback on the system is very positive.

We typically use gait analysis to aid in the evaluation, diagnosis and treatment of patients with painful injuries, disorders or dysfunctions that are related to the way they walk or run. In the past, gait analysis consisted of watching our patients walk back and forth in our hall. Although this was helpful, we still missed some of the details and it did not provide any feedback to you, the patient.

With our new system we now observe our patients walking and/or running on a treadmill during which time they are

and one on each side. The computer software then allows us to play back the video recording and observe the patient's



gait from four angles on a high definition monitor. These recordings can be then broken into single full screen images that can be slowed down, viewed frame by frame or paused to allow us to see your gait in greater detail. Not only is it very helpful for me, the practitioner, but it also allows you, the patient, to now see in detail what we have been explaining with words and models in the past. The ability to see yourself walk or run will give you a better understanding of what is causing your pain and will allow you to make a more informed decision about how we treat your problem.

Our gait analysis system will aid in the **evaluation, diagnosis, and treatment** of patients...

video recorded by four high speed digital cameras placed at the front, the back

In this issue...

A Walk Completes a Christmas Dinner - and it's Fun!

Christmas Tree Fires Can Be Deadly!

Merry Christmas!

Question of the Month

LAST PAGE

Why Wait until January 1st?

Brian Cragg

D.Ch., BSc (Hons)

Podiatric Medicine

Chiropodist Foot Specialist

Ashgrove Medical Centre

Suite 102 6633 Highway 7 East

Markham Ontario

L3P 7P2

www.MarkhamFootCare.com



Connect With Us on the Web!

A Walk Completes a Christmas Dinner –and it’s Fun!

For some families, taking a 30-60 minute walk after Christmas dinner is traditional. The walk is healthy fun for adults, kids and the family dog.

It can be a leisurely walk or a brisk walk, whatever your group enjoys. An old saying is, “Walk a hundred steps after dinner and you’ll live to be 99.” Actually, to increase longevity, studies say you need to walk a little more than that, but not a whole lot more.

Walking for 10 minutes on Christmas and other days, can change your body weight, lower your cholesterol and decrease your risk of stroke and other serious diseases. People who benefit most from 10-minute walks are those who normally don’t exercise at all. For them, the 10-minute idea generates something of a can-do attitude. While prevailing advice calls for a 30-minute walk on most days, if you’re a non-exerciser, this can be intimidating.

The nice thing about a 10-minute walk is that as you learn to enjoy it, the time could develop into 12 or 15 minutes or more. Every minute increases the benefits. If you reach the recommended 30-minute level, you will also enjoy lower blood pressure and increased cognitive function. Your brain will work better, just as the rest of your body will. Walking is almost the perfect physical activity.



Christmas Tree Fires Can Be Deadly!

Home fires that start with Christmas trees create a very hot blaze that can spread through a room in seconds. They are more deadly than typical fires.

A National Fire Prevention Association study shows that one in 18 Christmas tree fires from 2005 to 2009 resulted in a death, compared with one in every 141 home fires overall. Trees provide an unusually large amount of fuel and can create a fire that can spread rapidly, leaving little time to get out of the house. They are especially deadly if they occur at night when people are sleeping. While this type of fire is fairly unusual, it is far more serious than any other type of house fire. The number of Christmas tree fires has dropped in recent years, mainly because of improved public education, and increased use of less-flammable artificial trees.

Many families still prefer a natural and traditional Christmas tree, and choosing one provides an annual family outing. Trees are not a fire hazard if you take care of them. If a tree is well watered, there’s little chance that it will ignite.

Though you may have heard them before, check these instructions again for having a safe, natural Christmas tree:

- Keep the tree well-watered. Check the water supply at least once a day. Trees can drink a lot of water.
- Use new or high-quality lighting. Be sure that none of the lights have frayed cords or worn connections.
- Turn off the lights before leaving home and before going to bed.
- Get rid of the tree as soon as it feels dry.



“Merry” Feet

Why couldn't the two feet get along?
Because they both thought they were right.



What has four legs but no feet?
A table



Why did the silly kid put T.G.I.F. on his shoes?
Toes Go In First

What lies on the ground, 100 feet up in the air?
A centipede lying on its back

Why isn't your nose 12 inches long?
Because then it would be a foot

Who always goes to bed with his shoes on?
A horse

Ask Brian — Question of the Month

Last Christmas I did a lot of shopping in the malls as well as a lot of standing while I cooked in the kitchen. My feet became very sore and continued to hurt for weeks after. What can I do to prevent this from happening again this year?

Shopping malls typically have hard concrete floors and many homes now have hard ceramic tiles in the kitchen which can cause the feet and legs to hurt. Our feet were not designed for these manmade flat hard surfaces but were designed to walk on and adapt to uneven surfaces like grass and dirt.

When shopping in the malls for hours on end the best advice is to forget about fashion and leave the high heels and slip on shoes at home. Wear a good pair of jogging shoes or sturdy laced shoes and your feet will thank you.

Many people spend countless hours in the kitchen over the holidays standing in either bare or sock feet or wear moccasins or slippers which all provide very little support for your arches. Supportive sandals such as Birkenstock or Mephisto have built in arch support and are an excellent option for indoor footwear. Simply wearing a pair of athletic shoes in the kitchen can go a long way in preventing foot pain. If you still have pain after making these changes then some simple calf stretches and the application of ice for 10 minutes may also be of benefit. Failing this, arch and heel pain is the most common problems treated in our office. Simply give our office a call in the New Year.



When Should You Call A Chiroprapist?

- If you are experiencing pain in your foot or ankle that won't go away.
- If you have heel pain that is limiting you or making your daily activities difficult.
- If you have thick, yellow toenails that are hard to cut.
- If you are diabetic and have poor circulation or limited feeling in your feet.
- If the skin on your feet is severely dry, peeling, or cracking.
- If you are developing corns, callouses, or blisters.
- If you want to avoid painful bunions or hammertoes like your grandmother.
- If you need help finding proper-fitting shoes.



905.294.8087

Brian Cragg
D.Ch., BSc (Hons) Podiatric Medicine
Chiropodist Foot Specialist
Ashgrove Medical Centre
Suite 102 6633 Highway 7 East
Markham Ontario L3P 7P2
www.MarkhamFootCare.com

Get a **HEAD START**
on your **2013**
goals and resolutions!

Why Wait until January 1st?

As we close out 2012, this is the perfect time to get a head start on any goals or resolutions you may have for 2013. The New Year presents a wonderful opportunity to assess everything in your life. Some of the most popular resolutions people make are eating healthier, losing weight and exercising more.

Here are some guidelines to help you if your 2013 resolution focuses on living a healthy lifestyle.

HEALTHY EATING AND WEIGHT MANAGEMENT

- Visit a dietitian to develop a plan to reach a healthy weight for you.
- Keep a food record to assess what you are really eating – this can be very powerful.
- Include fruits and vegetables in all your meals.
- Start off your supper with a salad or a bowl of soup.
- Bring a healthy lunch instead of visiting a nearby fast food establishment.
- Consider drinking green tea as an alternative to pop or coffee.



PHYSICAL ACTIVITY

- Take the stairs or park further away to burn additional calories each day.
- Treat yourself to a few sessions with a personal trainer to establish a fitness program that will allow you to reach your goal.
- Get away from your desk or take a break from housework by taking a walk or stretching.
- Invite a friend to begin a fitness routine with you.
- When you start out, set small fitness goals and reward yourself for achieving each goal. Increase your goals and rewards as you progress throughout the year.

Making permanent changes in your lifestyle are not easy, but the results are worth every ounce of effort you put into improving your overall health and wellness. Start now and you will have a full 30 day head start on your 2013 goals!