

It's All About Body 'N' Sole

It's one of those things you don't want to face but as you get older, you need to pay more attention to those odd aches and pains. In today's society, people are becoming healthier and remaining more active as they age.

Over the course of a lifetime, most people will experience some type of foot problem and doctors have reported dramatic increases in orthopaedic and pedorthic (foot) related injuries. Although the majority of foot problems may be as simple as a blister or callus, they can be serious in degree.

The most common orthopaedic injuries include various types of tendonitis, sprains and strains. Tendonitis occurs from overuse or improper motion that causes swelling of the tendons - the tissue that connects the muscle to the bone. Sprains and strains, however, generally occur from a single incident causing tissue trauma to the muscles or ligaments.

Once your doctor provides you with a diagnosis, an option would be to take your referral / prescription to Body 'n' Sole Orthopaedic & Sports Rehab, a locally owned business - but you will have to make an appointment.

"You're not just a number here," says owner, Nikki MacGillivray who is a Orthopaedic Technologist and Certified Pedorthist with the Canadian College of Pedorthics. "I take the time with you, usually about an hour when you first come in." Certified staff bring a broad base of knowledge and experience to treating various injuries and problems. The technician's ability to provide, fit and maintain the prescribed device, along with the patient's willingness to use it properly, can make a profound difference in the quality of your daily life.

Products include custom foot orthotics for conditions like hammer toes, Achilles tendonitis, plantar fasciitis, heel spurs, shin splints,

arthritis, as well as knee or back pain to braces for things like ligament injuries, tennis elbow, carpal tunnel syndrome and other types of repetitive strain injuries.

Orthopaedic footwear and medical supplies, like various orthopaedic bracing, hot/cold packs, and other sundries, are also available on site.

Another advantage to purchasing from Body 'n' Sole means you not only support the economy, you also support the community as MacGillivray actively sponsors

local sports teams like the Dartmouth Moosehead Dry Men's baseball team and is a past sponsor of the Wentworth Ski Racing team. Most services are covered under private medical insurance plans as well as being a service provider with WCB, DVA, and Atlantic Blue cross for example.

Body 'n' Sole is located close to the Dartmouth ferry terminal at 53 Portland St. For more information, call 482-BODY (2639), fax 482-SOLE (7653) or dial toll free to 1-866-345-8380.

www.TREATYOURPAIN.ca

00212783

Nikki MacGillivray, BSc, C Ped Tech(C), C Ped(C)
Certified Pedorthist
53 Portland Street
Dartmouth, N.S. B2Y 1H1
Phone: (902) 482-BODY (2639)
Fax: (902) 482-SOLE (7653)

BODY 'N' SOLE
ORTHOPAEDIC & SPORTS REHAB