

Reasonably priced foot care for all walks of life!

Accessing Service:

- Must be a current patient of the Community Clinic
- First visit (initial assessment) - up to 1 hour
- Subsequent visits (follow-up appointments) - up to 30 minutes
- Pricing dependent on CHSA membership and income status

Contact

Nursing Department
Saskatoon Community Clinic
455 2nd Avenue North
Saskatoon, SK
S7K 2C2
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Fee-For-Service Foot Care Program



*Saskatoon
Community
Clinic*

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www.saskatooncommunityclinic.ca

Foot Care Services

- Full foot assessment and monofilament testing performed on initial visit
- Nails cut/trimmed and filed
- Blacks file to corners of nail when required
- Thickened nails reduced by filing
- Fungal nails reduced and trimmed
- Packing for ingrown toenails
- Callouses files to reduce or remove
- Corns removed
- Lotion for dry feet
- Dremel drill for reduction of thickened nails

Careful observation of feet for skin discoloration, abrasions, bruises, cracks between toes, ingrown nails, corns or callouses is part of the care you will receive.

Foot Care Facts

1. Three out of four people will experience serious foot problems in a lifetime.
2. Many foot conditions (bunions, callouses, corns, etc.) are a result of ill-fitting shoes.
3. Your feet may be different sizes; always buy shoes for the larger foot.
4. Skin on the bottom of the foot is thicker than anywhere else on the body.
5. Women have about four times as many foot problems as men.
6. There are 250,000 sweat glands in a pair of feet. They can excrete as much as a 1/2 pint of moisture per day.
7. Average person takes 8,000-10,000 steps per day, which adds to about 115,000 miles over a life time,
8. Your feet strike ground a combined total of about 1,800 times in the average mile of walking.

Don't forget about your feet!

Your feet mirror your general health. Conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in feet.

Attention given now can avoid problems in the future.