

Affordable priced foot care for all walks of life!

To access Saskatoon
Community Clinic foot
care services:

- You must be a current patient of the Community Clinic.
- Patients can self-refer or speak to their health care provider for a referral.
- The first visit (initial assessment) is up to 1 hour.
- Follow up visits are up to 30 minutes.
- Pricing is dependent on CHSA membership and income status.

To schedule an
appointment
please contact:

Reception/Foot Care Nurse
Saskatoon Community Clinic
455 2nd Avenue North
Saskatoon, SK
S7K 2C2
(306) 652-0300



*Saskatoon
Community
Clinic*

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Fee-For-Service Foot Care Program



*You only have one pair of feet to last
you a lifetime, let us help take care of
them!*

www.saskatooncommunityclinic.ca

Why is your foot care important?

- Feet can be neglected over a lifetime and only cared for when they start to hurt. Sometimes, if left too late, permanent damage may have already occurred.
- Many foot conditions, such as bunions, callouses, and corns are a result of ill-fitting shoes.
- As we age there is a decrease of visual acuity and range of motion/ flexibility that can prevent proper foot care.
- Patients with loss of sensation in their feet, such as patients with diabetes, benefit from assessment and treatment to prevent complications

Things a foot care nurse can help you with:

- Provide an initial and on-going assessment including monofilament sensory testing
- Help provide relief with callusing, corns, and ingrown, thickened or fungal nails.
- Proper trimming and filing of nails.
- Help educate on
 - ⇒ The basics of foot care
 - ⇒ The diabetic foot
 - ⇒ Peripheral vascular disease
 - ⇒ Specific skin and nail conditions and how to care for them
 - ⇒ Proper footwear

Facts about your feet!

- The skin on the bottom of the foot is thicker than anywhere else on the body.
- One quarter of the body's bones are in your feet.
- Your toes carry half your body weight.
- There are 250,000 glands in your feet which can produce half a pint of perspiration in a day.
- There are countless nerves and blood vessels in your feet linked all the way up to heart, spine and brain.

