



The Sole of Our Movements

Greetings!

The end of the year is quickly approaching! If you require treatment, orthotics or compression hose/socks, please contact the office at (905) 828-2573 to book your appointment.

Please keep in mind most insurance companies require a prescription from your physician for orthotics and compression hose/socks.

Dr. Stephanie Adey Hons.BSc.,Cert.A.R.T.,Acupuncture,D.C

www.drstephanieadey.com

www.cityviewchiropractic.com



WHAT ARE THE BENEFITS OF ORTHOTICS ?

Orthotics can help provide relief from painful foot problems including:

- Flat Feet
- Plantar Fasciitis/Bone Spurs/Heel pain
- Bunions
- Achilles Tendinitis
- Metatarsalgia a.k.a. "Ball of the foot pain"

Orthotics also help support the knees and low back and can significantly reduce pain cycles when worn regularly. Orthotics help to maintain the normal positioning of the bones and joints in the foot/ankle, thus stabilizing the knees, hips and low back.

Through proper functional alignment, orthotics can make walking, running, cycling and even skating (for my hockey players) more efficient. Orthotics reduce muscular fatigue and help promote more efficient muscle performance throughout your work day!

We look forward to seeing you!

IMPORTANT READ

Don't Run Into Injury

By: Zoe Mcknight - Toronto Star

"You need to train run, before you run to a train..", is the message behind this article for running athletes. Information on injuries caused by being unconditioned for running, and ways to prepare and train for long distance running.

[Read Article Here](#)



Feature Product



Compression Socks

*Cedar Cold Pressed Juice
Cleanse & Supplement*

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Dr. Stephanie Adey

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Not Just for Varicose Veins!

Athletes now use for exercise and recovery!

More and more athletes are wearing compression socks during exercise they are believed to aid performance, increase oxygen delivery and blood flow back to the heart.

When it comes to wearing compression socks for sports recovery, a growing number of studies suggest that the use of compression socks may, in fact, speed recovery and reduce soreness after a strenuous workout.

Visit:

<http://sportsmedicine.about.com/od/afterexerciserecovery/a/Compression-Socks-For-Athletes.htm>

Compression stockings gently squeeze your legs to improve blood flow and prevent swelling.

If you have varicose veins, spider veins, or have just had surgery, your doctor may prescribe compression stockings.

Wearing stockings helps with:

- Aching and heavy feeling in legs
- Swelling in legs
- Preventing blood clots, especially after surgery or injury when you are less active

Visit:

<https://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000597.htm>

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