

Foot care resources in the 905 area code

This handout will help you find information about foot care in the Hamilton-Wentworth region. It does not list all of the resources in this area. For more resources, check the yellow pages in the telephone book or talk to your health care provider.

Foot and nail care

Chiropody Clinics

Best Foot Forward Program
(2 locations)

St. Joseph's Healthcare Hamilton
– King Campus
Hemodialysis Unit – Clinic Room 1
2757 King Street East
Hamilton, Ontario

St. Joseph's Healthcare Hamilton
– Charlton Campus
Level 4 Marian Wing
50 Charlton Avenue East
Hamilton, Ontario

- OHIP covered for people with diabetes and chronic kidney disease.
- Need referral through your dialysis centre.
- Foot care and nail trimming, treatment for corns and calluses, thick ingrown or discoloured nail toe nails, small foot ulcers and skin infections.

The West Mountain Foot Care Clinic
536 Upper James Street
Hamilton, Ontario
905-538-6800

- Call for an appointment.
 - Fee charged for services.
 - Nail surgery, callous reduction, ulcer treatment and orthotics.
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Chiropody Clinics (continued)

<p>St. Joseph's Home Care (in-home foot care services) 905-522-5887, ext. 2236</p>	<ul style="list-style-type: none"> • Fee charged for service. • Available to any age. • Assessment, care and advice for people with problems looking after, eg., elderly, diabetes. • Services include clipping nails, treating corns, calluses, ingrown nails, thickened nails, preventative care and referral to other health professionals.
<p>Hamilton Urban Core Community Health Centre 71 Rebecca Street Hamilton, Ontario 905-522-3233</p>	<ul style="list-style-type: none"> • Available to anyone in Hamilton with diabetes. If you do not have diabetes, you must live between Locke, Sherman, Mountain Brow and Barton Streets. • Covered by OHIP. • Call for an appointment.
<p>North Hamilton Community Health Centre (Feet First) 444 Hughson Street North Hamilton, Ontario 905-523-6611</p>	<ul style="list-style-type: none"> • Available to anyone in Hamilton with diabetes. If you do not have diabetes, you must live between Harbour, Main, Queen and Sherman Streets. • Covered by OHIP.
<p>Werkman & McQuistin Chiropody Professionals St. Joseph's Healthcare Hamilton – King Campus 2757 King Street East Hamilton, Ontario 905-573-4817</p>	<ul style="list-style-type: none"> • Anyone can call for an appointment. • Fee charged for services.

Chiropody Clinics (continued)

<p>Hamilton Family Foot Care Clinic 595 Upper Wellington Street Hamilton, Ontario 905-575-9700</p>	<ul style="list-style-type: none"> • All services provided by a registered Chiropodist. • Fee charged for services. • Anyone can call for an appointment. • House calls are available upon request, please call for details (catchment area).
<p>St. Peter's Hospital 88 Maplewood Avenue Hamilton, Ontario 905-777-3837, ext. 1235</p>	<ul style="list-style-type: none"> • For high risk patients with complex health issues. • Referral from physician or DCRP required.

Footwear

It is important to wear shoes and slippers that support your feet well. When you buy shoes, have your feet measured each time. Your foot size can change. Ask for help in the shoe store. Wear both shoes around the store before you buy.

<p>Miller's Shoe Store (2 locations) 130 James Street North Hamilton, Ontario 905-527-1950 1289 Upper James Street Hamilton, Ontario 905-387-7463</p>	<p>Some insurance plans cover special shoes when a doctor writes a prescription.</p>
<p>Just Feet Foot & Shoe Clinic 597 Upper Wellington Street Hamilton, Ontario 905-574-4717</p>	

Orthotics

Orthotics are inserts for shoes designed specially for your own feet. They are used for many problems such as deformities or weight balancing. Orthotics are made by Chiropodists, Podiatrists and Occupational Therapists. Some insurance plans may cover the cost of the visit or the orthotics. You may refer yourself to these services unless the chart states you need a doctor's referral.

<p>Ambulatory Orthopedic Footwear Services 6 Osler Court Dundas, Ontario 905-628-5778</p>	<p>On-site repairs and adjustments when needed.</p>
<p>Ancaster Foot Clinic and Orthotics Centre 352 Wilson Street East Ancaster, Ontario 905-648-9176</p>	<p>Offers soft insoles, pads, shoe modification, custom soft, semi-rigid and rigid orthotics, airwalkers and brace boots and custom made shoes on site.</p>
<p>Bio Ped Foot Care Centre (3 centres)</p> <p>#6-880 Upper Wentworth Hamilton, Ontario 905-575-9797</p> <p>826 Queenston Road Stoney Creek, Ontario 905-662-1222</p> <p>3455 Fairview Street Burlington, Ontario 905-333-3622</p>	<p>Offers soft insoles, pads, shoe modification, custom soft, semi-rigid and rigid orthotics, airwalkers, brace boots, custom made shoes on site and hypo-allergenic shoes.</p>

Orthotics (continued)

<p>Prosthetics and Orthotic Department Hamilton Health Sciences Ron Joyce Children's Health Centre 325 Wellington Street North Hamilton, Ontario 905-521-2607</p>	<p>Offers service to pediatric and adult patients to provide custom foot orthotics, braces, and all levels of amputations. Need a doctor's referral. Fax 905-521-2355</p>
<p>Foot Clinic and Orthotic Centre Health Sciences Building 15 Mountain Avenue Suite 305 Stoney Creek, Ontario 905-662-5723</p>	<p>Offers custom made orthotics done by casting. Foot care – price depends on care given. No doctor's referral needed.</p>
<p>Hewak Foot Clinic (2 locations)</p> <p>60 Hatt Street Dundas, Ontario 905-628-8585</p> <p>1508 Upper James Street Hamilton, Ontario 905-385-4251</p>	<p>Offers a full range of soft insoles, inserts, custom soft, semi-rigid and rigid orthotics and custom footwear. No referral needed. Some insurance plans may help with payment.</p>
<p>Occupational Therapy Department at St. Joseph's Healthcare Hamilton – Charlton Campus 50 Charlton Avenue East Hamilton, Ontario 905-522-1155, ext. 33306</p>	<p>Offers full range of foot assessment and soft orthotics.</p>

Orthotics (continued)

<p>St. Joseph's Healthcare Hamilton – King Campus 2757 King Street East Hamilton, Ontario 905-573-4817</p>	<p>Offers a full range of custom-made orthotics done with plaster casts. Footwear advice.</p>
<p>St. Peter's Hospital 88 Maplewood Avenue Hamilton, Ontario 905-777-3837, ext. 1235</p>	<p>Offers a full range of soft insoles, inserts, custom orthotics and appliances. OHIP covers appointment, but need to pay for orthotics.</p>
<p>Hamilton Family Foot Care Clinic 595 Upper Wellington Street Hamilton, Ontario 905-575-9700</p>	<ul style="list-style-type: none"> • All services provided by a registered Chiropodist. • Fee charged for services. • Anyone can call for an appointment. • House calls are available upon request, please call for details (catchment area).

There are many other services available that are not listed in this handout. Hamilton Health Sciences and St. Joseph's Healthcare Hamilton do not take responsibility for services given by any individual or agency named in this handout.

Check with your health care provider before you go to one of these clinics.

Notes
