

# WE'VE MOVED!!

After over 15 years in the same location, C. Turner Medical Ltd. is excited to announce that we have moved our office!

We are now located at;

**264 Bronte St. S.  
Unit #11  
Milton, ON L9T 5A3**

Our phone and fax numbers remain the same.

Please make sure that all your correspondence, cast molds and returns are sent to our new address.

## HOT OFF THE PRESS!

*We are very excited to unveil the new **Corflex** catalogue.*

*If your rep has not been by with your new catalogue and accompanying price list, please contact the office so that we can send one out to you.*



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**C. TURNER**  
**MEDICAL**  
ORTHOPAEDIC BRACING

# SupportLine

HOLIDAY 2010

## Spotlight on Plantar Fasciitis...

*Plantar Fasciitis* is a very painful inflammation of the plantar fascia, which is a thick fibrous band of tissue that starts at the bottom of the heel and stretches along the sole of the foot towards the five toes. It is a very common condition and studies have shown that *Plantar Fasciitis* occurs in two million Americans per year and 10% of the population over a lifetime.

The pain people with *Plantar Fasciitis* experience is felt under the heel and is more intense with the first steps of the day. Sufferers of *Plantar Fasciitis* may also have some difficulty bending the foot so that their toes point toward their shin (dorsiflexion) and may also experience knee pain, especially if they are runners.

Stretching of the plantar fascia has shown to be successful in reducing the pain associated with *Plantar Fasciitis* and **Corflex** offers a few different product options designed to do just that.



A popular night-time solution for the treatment of plantar fasciitis is the **Ultra Dorsal Night Splint** by **Corflex**.

Designed to hold the foot in a neutral position during sleep, this splint provides the wearer with a passive stretch to the Achilles tendon and plantar fascia which

helps alleviate the morning pain and discomfort associated with plantar fasciitis.

The **Ultra Dorsal Night Splint** by **Corflex** features memory foam padding and neoprene-free *Cooltex* attachment straps for optimal comfort and increased patient compliance. Available in two convenient sizes, its simple design allows for easy application and provides a stable and secure fit.

Haven't seen this product yet? Please give us a call and we will arrange for your sales representative to show it to you today!



The **Target Plantar Fasciitis Soft Boot** is an easy to apply and comfortable treatment option also by **Corflex**. It features a dorsiflexion assist strap that provides continuous stretching of the plantar fascia and may be used with an optional foot plate.

Its low profile design is ideal for travel and allows for weight bearing. Manufactured from premium quality latex-free neoprene, the **Target Soft Boot** provides optimal warmth and compression for heat therapy. It may be worn during the day and is an ideal alternative to traditional Night Splints which are also offered by **Corflex**.

The **Ultra Plantar Fasciitis Night Splints** are available in 3 different models; 90 degrees, fixed at 5 degrees dorsiflexion and the popular adjustable version. These models also come with a soft padded cover and straps to provide the wearer with maximum comfort at rest.

They are an ideal night-time treatment option for plantar fasciitis as well as achilles tendonitis, heel spurs and other lower leg over-use injuries.



# HOLIDAY SOLUTIONS

## Belt it out to banish crankiness

If you have been circling the parking lot for almost half an hour and still can't find a spot, tune your radio to Christmas carols and sing out loud. A study showed 9 out of 10 subjects experienced a 40 percent drop in the stress hormone cortisol after singing. It increases the flow of calming oxygen to the brain.

## Nix party jitters

Have you agreed to go with a friend to a party only to end up stranded without them in a sea of strangers? According to scientists at Yale University, sipping a hot beverage like cider or mulled wine can make you feel more generous and view others as friendlier.

## Boost self-esteem in seconds

Baking and nibbling on batches of Christmas cookies can leave us feeling self-conscious about our body. Boost your self-esteem by making clockwise circles on the point between your eyebrows at the center of your brow bone with your index finger. Studies have shown that this triggers endorphin release and opens the "third eye" chakra, known as the perception center, increasing our self-compassion and inner peace.

## Feel peaceful in a heartbeat

Hectic holiday schedules can make us anxious and stressed. Taking 30 seconds to gaze at Christmas decorations can leave us with a sense of calm and peacefulness. A study at the University of Georgia showed that the colour green inspired nature-related imagery like gardens and grass and made people happier.

## New Addition to the Cryo Pneumatic Product Line by Corflex



We are very excited to announce the addition of an Ankle/Elbow Wrap to the Cryo Pneumatic line of anatomical wraps designed to combine the benefits of pneumatic compression with cold therapy.

The new Ankle/Elbow wrap is ideal for post-surgical application for severe sprains and strains. It is also recommended as part of a physical therapy or athletic training program. The Cryo Pneumatic Ankle/Elbow wrap helps to reduce swelling, decrease pain and diminish muscle spasms. Its simple design allows for easy application and adjustable compression with a detachable pump.

All the products in the Cryo Pneumatic line by Corflex are manufactured from a plush foam laminate that is velcro compatible and all feature removable gel packs with tricot lining.



Also available in the Cryo Pneumatic product line are wraps for the shoulder and the knee; ask your sales representative about them today!



## HOLIDAY OFFICE HOURS

It is time, once again to take a rest from all the holiday hustle and bustle!

*C. Turner Medical* would like to inform our valued customers of our office hours for the upcoming holiday season. We will be closed on Friday, December 24th and will remain closed until Monday, January 3rd when we will re-open at 8:30 a.m.



Please check your inventory and get your orders in now to avoid any inconvenience for your patients.

All of us at *C. Turner Medical* would like to extend our best wishes for a safe and happy holiday season.

We look forward to speaking with you in the New Year!

# HOLIDAY TRIVIA QUIZ

It's that time of year again! Time to put your knowledge of the tradition of Christmas to the test.

Submit your answers by fax (905) 876-2958 or by email [turnermedical@bellnet.ca](mailto:turnermedical@bellnet.ca) by **December 17th** for your chance to win one of 5 holiday gift baskets.

- 1 Which one of these companies was first to use Santa Claus in an advertisement?
  - a) Pepsi
  - b) Coca-Cola
  - c) 7-Up
  - d) Fanta
- 2 Which kind of Christmas did Elvis Presley sing about?
  - a) White
  - b) Red
  - c) Blue
  - d) Snowy
- 3 Which reindeer is Rudolph's Dad?
  - a) Dancer
  - b) Dixon
  - c) Donner
  - d) Blitzen
- 4 Which country did the gingerbread house come from?
  - a) Austria
  - b) Switzerland
  - c) Germany
  - d) United States
- 5 Which Christmas movie has been played more than any other?
  - a) A Christmas Story
  - b) Home Alone
  - c) Frosty the Snowman
  - d) It's A Wonderful Life