

# 10 Reasons to see a Chiroprapist

Please check off any of the applicable questions:

1. Nails

- Have you ever had a toenail that is thick, ingrown or discoloured?
- Do you have troubles cutting your own toenails?
- Do you go and see an esthetician to have your nails cut?



2. Foot Pain

- Have you ever had pain in your heel, toes or ankle?



3. Swelling

- Are you feet often swollen at the end of the night or while travelling?



4. Diabetes

- Do you have type I, type II, gestational or early onset diabetes?



5. Blisters

- Do you often get blisters wearing new shoes for the first time?
- Do you frequently get blisters with your current shoes?



6. Corns/Calluses

- Do you have thick, rough patches of dry skin on your feet?



7. Warts

- Do you have any warts on any part of your feet?



8. Bunions

- Do you have a swollen or sore bump on the joint between big toe and foot?



9. Dry Itchy Skin

- Do you have any areas on your feet that are dry or itchy?



10. Active Lifestyle

- Are you starting a new active lifestyle?
- Are your running shoes uncomfortable?



If you checked off any of the above, you should see a Chiroprapist regarding these common issues.



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