



Ruth Ruttan
& Assoc.

Multidisciplinary
Footcare Conference

May 30, 2025

Conference Brochure

Why Should You Attend

Ruth Ruttan's Conference?

Here are 5 reasons why...

1. Participate in a multidisciplinary approach to holistic footcare management.
2. Maximize your awareness of services and products.
3. Expand your knowledge in a highly specialized field that is expeditiously growing.
4. Network with key opinion leaders focused on the health of the lower extremities.
5. Build brand awareness and relationships with colleagues.

Conference Objectives

- To increase the knowledge of various types of Arthritis.
- To introduce evidence- based management strategies to improve quality of life for those living with foot pain.
- To encourage a multidisciplinary approach to the care of the feet.
- To provide an environment conducive to sharing professional experiences and building relationships through networking.

Registration is limited and will be accepted on a
first-come, first-served basis.

We look forward to having you join us and be a meaningful part of this very well recognized event!
If you have any questions, or for additional information, please feel free to contact us at **905-478-1977**
or ruth@ruthruttan.com

Agenda

May 30th 2025

7:30 – 8:15 am | **REGISTRATION**

Continental Breakfast and Exhibits

8:15 – 8:45 am | **OPENING REMARKS**

Exhibitor Presentations



8:45 – 9:30 am

Gout – A Practical Overview

Dr. Timothy Kwok, MD MSc FRCPC

Dr. Kwok is a rheumatologist based at Sunnybrook Health Sciences Centre and the University of Toronto. His research program focuses on gathering evidence using real-world and EMR data to improve the quality of care delivered to patients with gout. Dr. Kwok's presentation will cover the pathogenesis, clinical manifestations, co-morbidities, and general management of gout. He will specifically focus on practical approaches and tips to identify gout from a wound care perspective.



9:30 – 10:15 am

Onychomycosis: The Challenge of Accurate Diagnosis

Dr. Irit Van-Ham, PhD

Onychomycosis, a common fungal nail infection, requires accurate diagnosis to ensure effective treatment. However, visual diagnosis alone is often unreliable, making reliable laboratory testing essential.

In this session, Dr. Van-Ham will delve into various toenail conditions that can mimic onychomycosis. Using visual examples, she will guide attendees through the diagnostic options and introduce reliable and innovative laboratory testing shaping modern treatment approaches.

10:15 – 10:45 am | **BREAK / EXHIBITS**



10:45 – 11:30 am

Pathophysiology and Treatment Options for Ulcers due to Peripheral Artery Disease (PAD) and Diabetic Foot Ulcers (DFUs)

Dr. Michael Stacey, MBBS, FRACS

Dr. Stacey's presentation will review the pathophysiology of DFUs and PAD ulcers and how these both lead to impaired microcirculation and an impaired healing process. The principles of standard treatments to improve microcirculation and wound healing for these wounds will be covered, including a new approach using muscle pump activation to improve microcirculation and to improve wound healing.



11:30 – 12:15 pm

The Role of Physiotherapy in Foot Arthritis

Cynthia Roberts, PT

Cynthia will give a brief overview of the key differences between the common types of arthritis. She will share the importance of exercise including range of motion, stretching, strengthening and balance. Activity modification may be necessary along with gait aids to protect some joints. Classic interventions of heat/ice, weight management and nutrition will also be discussed.

Agenda cont'd

12:15 – 1:30 pm | **LUNCH / EXHIBITS**



1:30 – 2:15 pm

Arthritis & The Foot: Footwear Solutions

Samantha Ralph, C. Ped (C)

Samantha will review the literature and explore footwear solutions for increased comfort and function allowing those suffering with arthritis in the lower body to do more in life. Off-the-shelf orthopedic footwear can be the difference between the reduction or worsening of pain. The importance of properly fitted shoes should not be underestimated. Samantha will explore how stack height and heel-to-toe drop are important to consider and why certain features, such as a rocker bottom sole can improve function of arthritic feet during gait.



2:15 – 3:00 pm

The Challenge of the Swollen Red Leg

Dr. David H. Keast, MD, CCFP, FCFP(LM)

Dr. Keast is the founding and current Chair of the Canadian Lymphedema Framework and President of the World Alliance for Wound and Lymphedema Care in cooperation with the World Health Organization.

In his presentation Dr. Keast will distinguish cellulitis from the other causes of the swollen red leg. He will discuss the risk factors of cellulitis and describe treatment and prevention approaches for cellulitis.

3:00 – 3:30 pm | **BREAK / EXHIBITS**



3:30 – 4:15 pm

A Nutritional Approach to Reducing Arthritis and Inflammation

Marsha Fenwick, CNP, RNCP

Marsha will introduce the link between nutrition and inflammation. She will identify foods to be avoided as well as to be included. The role of an anti-inflammatory diet will be discussed with suggestions on making a healthy plate with swaps and substitutions. Supplements and Lifestyle Strategies will also be presented.



4:15 – 5:00 pm

Rethinking Osteoarthritis: From Wear-and-Tear to Comprehensive Joint Health

Dr. Tom Appleton, MD, PhD, FRCPC

This presentation will explore the evolution of our understanding of osteoarthritis (OA), moving beyond the traditional "wear-and-tear" narrative toward a more nuanced view of OA as a complex, whole-joint disease. The session will also emphasize modern, evidence-based management strategies that focus on risk reduction, early intervention, and maintaining joint function—providing allied health professionals with practical insights for delivering holistic, patient-centered care. We will examine historical perspectives and highlight key advances that have reshaped our understanding of OA pathophysiology, including the roles of inflammation, biomechanics, and joint organ preservation.

5:00 – 5:15 pm | **CLOSING REMARKS**

Thank you to our Exhibitors & Conference Contributors



Venue & Accommodation



Venue Information:

Hazelton Manor

99 Peelar Road, Vaughan, ON, L4K 1A3

Accommodation:

Courtyard by Marriott

150 Interchange Way, Vaughan, ON, L4K 5P7

Tel: 905-660-9938 or

Toll Free: 1-866-239-3202

Reserve Your Group Rate Early

**Space is limited and available
until April 30, 2025!**

Quote: "Ruth Ruttan Conference"



We look forward to
seeing you at the 25th
Ruth Ruttan Footcare
Conference!

Require further information?

Ruth Ruttan & Assoc.

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