

# INNOVATION

We are continually seeking new ways of being responsive to the ever changing community health needs. We are open to the ideas and discussion from staff, patients, families and friends on any method they think may improve the quality of care to our patients.

# OUR MISSION

Our mission is to provide the highest quality of health care essential to the improvement of a patient's total physical, emotional, and mental condition.



Foot Spa Clinics are  
**FREE OF CHARGE!**  
"Put Your Best Foot Forward"

## Treat Your Feet

- Therapeutic
- Diabetic
- Cosmetic

To schedule a  
**FREE**  
Foot Spa Clinic  
call:



**HOME BOUND**  
**HEALTHCARE**  
[HomeBoundHealth.com](http://HomeBoundHealth.com)

Toll Free: 877-895-9898  
Direct Line: 815-895-9898  
Fax: 815-895-3232



**HOME BOUND**  
**HEALTHCARE**

[HomeBoundHealth.com](http://HomeBoundHealth.com)

1740 Mediterranean Dr. , Suite 101  
Sycamore, IL 60178



# Put Your Best Foot Forward

## Therapeutic Services:

- Foot Soak
- Massage of Feet & Legs
- Nails Trimmed & Filed

A foot soak is very relaxing, and relieves aches and pains in the feet.

Massage is a great way to relieve tension in the feet and legs. It is especially helpful for those living with Arthritis, as it helps ease Arthritis symptoms, including:

- Inflammation
- Swelling
- Joint Pain

Foot soak and Massage are also great ways to help with pain after a foot or ankle injury. The soft tissue massage helps relax the muscles in the feet and legs.



## Diabetic Foot Services:

Diabetes is the most common reason people seek relief from foot/leg pain.



Massage can help relieve these types of pain often felt by those living with Diabetes:

- Burning
- Tingling
- Stabbing Pain or Stiffness Behind the Knee or by the Calf Due to Circulation Problems
- Foot & Leg Pain Due to a Walking Imbalance

## Cosmetic Services:

- Removal of Old Nail Polish
- New Polish Applied
- Color of Your Choice



## Sanitization and Disinfection:

All Foot Spa machines and equipment are cleaned and disinfected between each client using the following procedure:

- Drain Basin
- Clean with soap & water
- Disinfect with an EPA registered hospital disinfectant
- Drain & Rinse

