

What is Podiatry?

Podiatry is the profession which specialises in the treatment and care of the foot and lower limb.

How can Podiatry help me?

Feet help us balance and carry us the equivalent of five times round the earth in an average lifetime. Good foot health reduces pain, aids mobility, improves tissue viability and makes us feel better. Visiting a podiatrist can contribute to improving your quality of life and maintaining your mobility.

Initial visit, what can I expect?

A full medical history will be taken and you will be asked to provide a list of the medications you are taking.

As necessary, vascular and neurological assessments will be taken to aid treatment or diagnosis.

A long term treatment plan may also be formulated between yourself and the podiatrist to achieve a realistic resolution.

What about the Diabetic foot?

Regular checks and treatment will be conducted. Annual Diabetic Reviews will be completed and forwarded to your GP at no extra cost.

What do we treat?

Routine treatments/check ups - Short term treatments for immediate relief of painful corns, callus and other minor problems.

Long term treatment of verrucae and problematic nails.

Nail Surgery – permanent solution to painful ingrown toe nails, and difficult or deformed nails, treated under local anaesthesia.

Biomechanics – an assessment of your posture and walking mechanics. Malalignment of joint relationships and muscular imbalance can develop into pains in the feet, knees, legs, hips and lower back.

Sports Injuries – minor problems of misalignments are accentuated with sporting activities and can manifest themselves at an earlier age and have a detrimental effect on your sport and health.

What is Biomechanics?

A full assessment of the relationship between hips, knees, ankles and feet. Addressing the cause of the problem with the provision of orthotic devices. These help prevent further deterioration by reducing pressure and stress, and by correcting alignment.

What are Orthotic devices?

A foot orthosis is an orthopaedic device worn inside regular shoes. They are used to support, absorb shock, relieve pressure and improve the intrinsic function of the feet. Orthoses can be used to control the foot by stabilising abnormal or excessive motion, reducing shock against the foot and minimising skin wear. In all cases the aim of treatment is to reduce pain and inflammation in the anatomical structures and improve foot function.

David Walker graduated with an Honour degree in Podiatric Medicine following a 3 year full time course in Northampton. Since qualifying **David** has worked within the NHS (as well as privately) and his specialities have included Diabetes, Rheumatology, Biomechanics, Podopaediatrics and Nail Surgery. **David** continues to develop his skills through continued professional development as required by the HPC.

Quality of care

We aim to be patient centred and approachable, providing the highest standards of podiatric care within a multi-disciplinary setting.

What is HPC Registration?

HPC registration is the standard, set by the Government, which indicates that a podiatrist is properly qualified. To reach this standard, a podiatrist must complete a three year full time course, leading to a BSc degree in Podiatry.

Previously State Registered Podiatrist (SRCh) was used, now this has been replaced by HPC registered.

HPC registration is the only standard acceptable to allow a podiatrist to work for the NHS. You should not accept anything less.

To check that your health professional is registered see :
www.hpc-uk.org

For other useful information see the web site for the Society:
www.feetforlife.org

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Registered with the
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Registration number CH14884

A member of the
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