

5 REASONS FOR HAVING YOUR FOOT HEALTH CHECKED



1

Foot health checks help to diagnose conditions and treat them at the initial phase reducing the risk of complications and help to stop the spread of any infections.



2

Feet carry the full weight of our bodies so they play an important part in our daily activities. Our feet and lower limbs are often overlooked when it comes to health care. We use them as often as we use our eyes so why not get them checked regularly.



3

Having problem free feet makes walking and running more comfortable. Your foot health could be stopping you from wearing certain shoes or playing certain sports. Overall good foot health can help to make you more mobile.



4

Foot health checks help those with diabetes treat and control any possible damage caused by poor circulation and damage to the nerves of the lower limbs. It's also important to maintain foot health care as people with diabetes are prone to infections and ulcers.



5

Foot health care can help you feel less self-conscious especially on holiday or in the summer when we prefer to go barefoot or wear open toed shoes. Treatment of conditions such as athlete's foot and cracked heels is easy with the assistance of a Foot health professional.

What's the difference between a podiatrist, chiropodist and a foot health professional?

Up until 1990 all foot health professionals were called Chiropodists. Then a Podiatry degree was brought in and Chiropodist could study additional qualifications to bring them to the same level as newly qualified Podiatrists. Existing Chiropody training still remained however, newly qualified professionals could not call themselves Chiropodist, so the new term Foot Health professional (FHP) was introduced.

Podiatrist can work for the NHS, do surgery under anaesthetic and prescribe drugs. Foot Health Professionals (FHP) are qualified and insured professionals who can do all the essential maintenance treatments including corns, callus, diabetic foot care, nail cutting.

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FOOT HEALTH, PODIATRY AND CHIROPODY



Corns & Calluses



Diabetic foot care



Cracked dry heels



Athletes foot



Ingrown toenails



Fungal infections



Verruca



General foot care

What to expect at your first visit

On your first visit our Foot Health Professional (FHP) will take you through a full case history and to discuss your needs and goals which you want to achieve. A full general and neurovascular assessment will be performed checking circulation and sensory reaction of the lower limbs. This will help to determine the condition which needs to be treated.

Once the assessment has been carried out and the condition has been identified treatment will then be provided. After treatment has been given, and where time allows, the foot health professional will also provide a gentle foot massage using moisturising and hydrating foot care creams. This will help to improve circulation, muscle tension and overall improved foot mobility. In addition, you will be informed on the next steps to take and how to prevent future problems.

15 minute

FREE

discovery session

1st appointment

45 minutes

Follow-up

30 minutes

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