



Appledore Beauty Clinic

SMILES UNLIMITED

Your Podiatry Information

What is a podiatrist? They are foot specialists who are able to address the foot problems of all ages from verrucae in toddlers to corns and hard skin in the elderly. Their three year degree covers all aspects of health:

- From Diabetes To Circulation, Sports Injury To Surgery
- Podiatrists Give Advice And Help Your Feet Function At Their Very Best
 - ✓ 30 Minute Assessment £30
 - ✓ 30 Minute Treatment £30
 - ✓ 60 Minute Treatment £55

Nail care/Nail surgery

- For all ages and conditions such as poor circulation and diabetes
- Gently cutting and filing your nails and clearing the area to remove the symptoms of mild to moderate ingrown nails
- Reducing fungal infections by reducing your nail down to allow a healthier regrowth and improving appearance. Suitable for all ages
- Nail surgery maybe the solution for those of you who have experienced more severe pain in your toe nails due to the nails:
 - Ingrowing /Involuting, or
 - Thickening - Fungal Infection/ Blunt Trauma

Performed under a local anaesthetic, the offending portion of your nail is removed and a chemical is put at the base of your toe to prevent regrowth. The dressing is changed 4 days later and should heal completely in 5 weeks. This treatment is suitable for all ages and will allow shoes to be worn and sport to be played, pain free.

Hard Skin/ Corns

The most common problem to be seen in a podiatry clinic, thickened skin and corns are a result of pressure and shearing forces from the ground and from footwear such as high heels. These problems can be compounded by certain medical conditions such as low thyroid and diabetes. The skin is gently removed and filed revealing your fresh healthy skin underneath and, with regular appointments, dry, cracked heels can be completely transformed. For the more established dry skin, a gentle chemical peel can be used to prolong its return and allow soft and supple skin to regrow.

Book Your Appointment NOW:

T: 01344 989 499



The Society of
Chiropractors
and Podiatrists



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Pain ? - In Your Hip, Lower Back, Knees or Feet During Walking or When Exercising?

Biomechanics

Suitable for all ages, a biomechanical assessment will establish the area of your problem and an individual stretching program will be developed. Problems can often be resolved with massage and stretching exercises, but sometimes orthoses will be required:

- Pegasus Orthoses are an individually crafted insole which corrects the way that your foot reacts with the ground - making walking and exercise more comfortable. A cast is made of your feet and exactly modified to correct your pain and imbalances. These orthoses can be swapped from shoe to shoe and be worn comfortably in trainers to reduce injury and improve performance

Diabetes/Circulation Problems

Diabetes can cause serious and life threatening problems if not treated properly and this is certainly the case in your feet. **It is important that anyone with diabetes, regardless of age,** has a consultation with a podiatrist at least every 6 months to monitor foot health and stop any deterioration. The diabetes can cause nerves in your feet to become desensitized so injury and infection can go unnoticed. During your consultation, the podiatrist can assess sensation, circulation and skin quality and pick up any problems which might be beginning to manifest and liaise with your GP to make sure that healing and recovery take place.

Who is the Appledore Podiatrist?

Victoria John BSc Pod, MChS, SRCh. She is registered with both the HPC (Health Professions Council) and The Society of Chiropractors and Podiatrists.



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You can rest assured that all the Appledore clinicians and therapists are fully qualified and insured in all the treatments they undertake. Your safety is utmost in our minds at all times.



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