

Your Appointment

Appointments are available most days, on evenings and weekends; for latest times please call or view our website.

We are also happy to provide Home Visits if you prefer.

To book, either call the practice, email us or even send us a text. Should your call not be answered straight away, please leave your name and number on the answer machine and we will get back to you within 24 hours.

Your first appointments will usually take 30 minutes and subsequent follow up appointments last about 20 minutes.

If you need to cancel or rearrange, please give at least 24 hours notice so we can give your appointment to someone else.

Failure to attend will usually incur a charge.

Paying for your Treatment

Most treatments have standard charges; any variation will be agreed with you in advance. For the latest prices, please call or view our website.

We accept cash, most cards (including over the phone payments) cheques and bank transfer

We Look forward to welcoming you to our practice and providing the care you deserve.

Contact Us:

Tel: 0116 2789630

Mob: 07725791898

Email:

support@toetalheelingchiropody.com

Web:

www.toetalheelingchiropody.com



**TOETAL HEELING
CHIROPODY
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**WELCOME
TO**



**TOETAL
HEELING
CHIROPODY**

**Professionals You Can Trust
(HCPC Registered)**

What is a Chiropodist?

A Chiropodist (Podiatrist) is a medically qualified professional specialising in the treatment of foot and leg problems - from simple nail cutting, corn and hard skin removal, treatment of verrucae to operating on in-growing toenails, treating heel and foot pain and providing insoles / orthotics to correct the way you walk.

To be sure your Chiropodist (Podiatrist) is fully qualified, they must be registered with the Healthcare Professions Council (HCPC).



Who can see a Chiropodist?

ANYONE! If you have a problem with your feet, legs or even your back; or just find it difficult to cut your nails - come and see us.



What do we do?

At TOETAL HEELING we provide the total range of assessments and treatments for all foot and lower limb problems.

Our aim is always to find a cure wherever possible. However, we are happy to provide regular maintenance care to keep you comfortable and pain free if you prefer, or where a permanent solution is not possible.

Most importantly, we will work with YOU to find the best solution FOR YOU.

Some of Our Popular Service:

General Chiropody – A full treatment includes cutting, filing and thinning of toenails as required and removal of all hard skin and corns. We then look to use chemical treatments,



padding, insoles etc. as necessary to try and resolve your problem permanently. We will fully discuss the cause of your problem and all options available to treat this and together we will agree a way forward to suit your needs.

Simple Nail Cutting – Many people find it difficult to manage their toenails or prefer for these to be looked after by a professional. Our assistant practitioners (much like dental hygienists) provide a simple and cost-effective nail care Service; they are trained by and work under the supervision of our qualified Podiatrists.



Verrucae Treatment – We provide a wide range of treatment options for verruca's, from over the counter products to freezing and use of different acids. Choice of treatment will depend on the individual but will almost always follow removal of overlying hard skin, to maximise effectiveness.



In growing Toenails – We can provide a permanent cure for these and other painful or unsightly nail conditions by removing all or just part of the nail. This is a minor procedure, under a local anaesthetic, with the use of a chemical (phenol) to prevent the nail from growing back.



Biomechanical / Gait Analysis; Provision of Insoles & Orthotics – We can conduct a full examination and assessment of your feet, legs and your walking to diagnose the cause of your hard skin, corns, pain e.g. plantar fasciitis or deformity e.g. bunions etc.



In some cases, we can even help knee, hip and back pain.

We will discuss all treatment options available, including exercises or making custom insoles or orthotics.

Diabetic Foot Assessment – People with diabetes are at significant risk of foot complications such as poor circulation and nerve damage and must have their feet checked at least once a year. We will conduct a full assessment and provide advice on how to prevent problems and/or deal with existing ones, to include treatment for foot ulcers via our Diabetes Specialist Podiatrist.

