

# Chiropody

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## Introduction

The diagnosis and treatment of conditions such as Ingrown toe nails, corns, callus, blisters, Athlete's foot, painful cracks in the skin, foot wear and foot care advice for all patients.

**Podiatric Biomechanics...**An integral part of evaluating and treating lower limb pathology (symptoms) Gait analysis is part of this process.

**Orthotic Therapy...**Using the biomechanical evaluation, an orthotic is evolved. An orthotic is an orthopaedic appliance used to support, align, prevent or correct deformities or to improve function of moveable parts of the body.

## Chiropody

Emscote Therapy offers the services of an experienced HPC Registered Chiropodist/Podiatrist.

Common conditions which are dealt with at the clinic:

- Corns and callus reduction.
- In-growing toe nails treatment.
- Cutting and reducing thickened nail plates.
- Verrucae.
- Athletes foot advice.
- Footwear and foot care advice is always given.
- Overuse injuries due to mechanical overload of the feet.
- Plantar Fascia (Heel/Foot) pain.

A detailed medical history is taken from every new patient at the initial consultation, which will include footwear and foot care advice. Consideration of that history and tests are used as an aid to diagnosis if possible and discussion as to whether the symptom might benefit from further biomechanical evaluation and tests resulting in Orthotic therapy.

In the case of in-growing toe nails, consideration will be given to whether this can be treated satisfactorily on the initial consultation or if follow up appointments are required, or whether **Nail Surgery** may be advisable. Please click on link to learn more about nail surgery.

There are a number of ways of treating veruccae pedis, one of which is **Cryo Surgery**

Following any of the treatments the Chiropodist/Podiatrist will, **with your consent** write a report to your GP if required to inform them of the treatment, the plan and general prognosis.

## **What is Podiatric Biomechanics?**

Podiatric Biomechanics is the 'foot function' approach used in the treatment of lower limb musculoskeletal dysfunction. Biomechanics is concerned with understanding the movement and forces applied to the foot and lower extremities of the human body. Biomechanics practitioners are concerned with trying to modify those forces to spread some load and reduce some forces and pressures that may be applied to the foot at any given moment in order to improve a person's gait.

It is of great interest that each foot and each foot step is unique. (Like snowflakes which look identical but when examined each one is unique and different.) Whilst the basic principles of motion are common to each human being the fashioning of the body will produce variations in that motion. These variations can be the result of abnormal compensations from musculo-skeletal imbalance. These can be inherited i.e. genetic or acquired i.e. traumatic injury or surgical intervention.