

## Our other leaflets...

- Acupuncture in podiatry
- Choosing the right footwear
- Diabetes – do's and don'ts
- Electro-surgery
- Gait analysis & Biomechanics
- Heel pain
- Nail surgery
- New patient information
- Patient confidentiality
- Verrucae and their treatment

## Free advice sheets...

- Athletes foot
- Balance & co-ordination exercises
- Benign joint hyper mobility syndrome
- Bowlegs
- Developmental problems
- How to dress your wound
- Flat feet
- Foot and ankle strengthening with a rubber band
- Footwear advice
- Heel raises
- How to wear your foot orthoses
- In-toeing
- Knock knees
- Strengthening exercises
- Stretching exercises
- Stretching (back & legs)
- Toe deformities
- Toe walking
- Verrucae treatment



All our Podiatrists (Chiropodists) are educated to degree standard (or equivalent), are registered with the Health & Care Professions Council (HCPC) and are full members of the College of Podiatrists

Please telephone us to make an appointment:

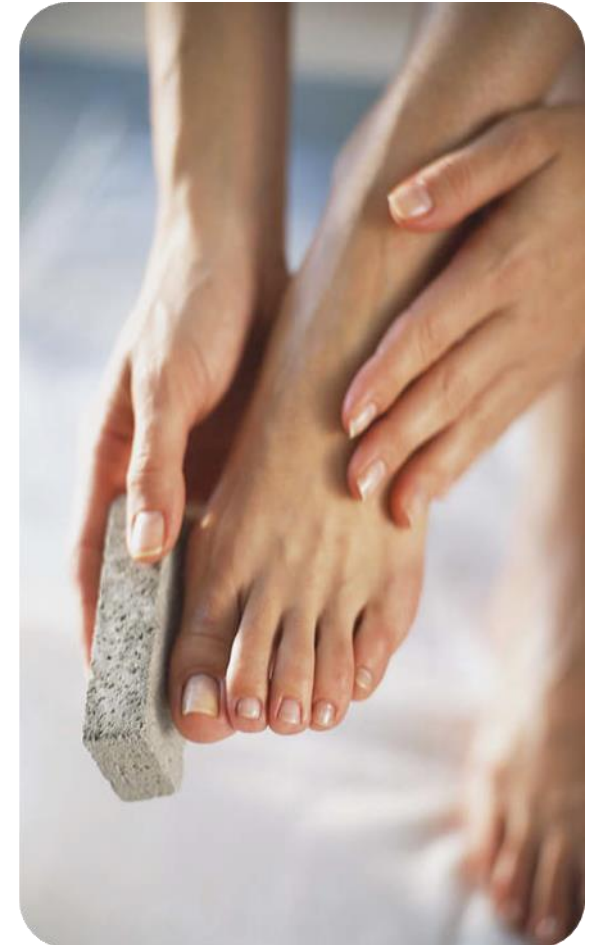
Harpenden	01582 467667
Hertford	01992 505105
St. Albans	01727 865343
Stoke Newington	0207 275 0382

[www.headandshort.co.uk/podiatry](http://www.headandshort.co.uk/podiatry)

### Head Office:

Head & Short Footwear & Podiatry  
14 High Street, St. Albans, Herts. AL3 4EL  
Company reg. 6741445 VAT No. 975 7625 65

## General Foot-care advice



**Head & Short**  
PODIATRISTS LTD

## Welcome...

Whether you are a new or existing patient we would like to take this opportunity to welcome you. Thank-you for choosing our practice.



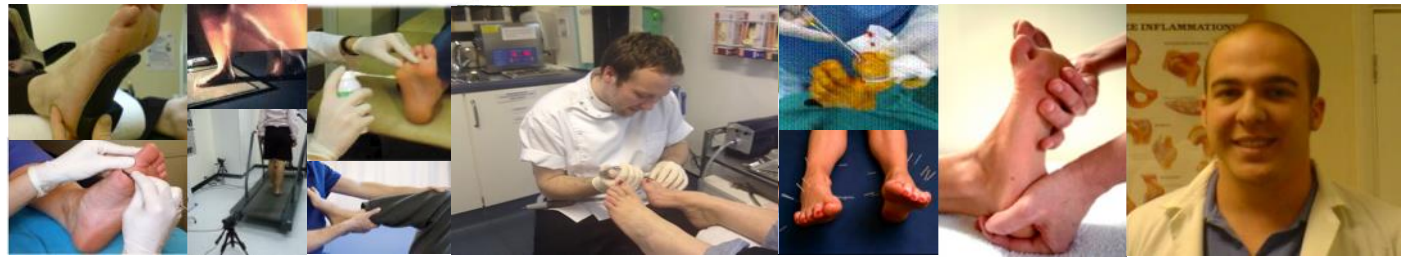
## Appointments...

Our surgeries are open full-time in St. Albans, Hertford and Stoke Newington and 3 days a week in Harpenden. We will endeavor to see you at a time which is most convenient to you.

If you are house-bound, and require a home visit, please telephone your nearest surgery and our friendly reception staff will be happy to be of assistance.

Full details of all our services, including opening times, prices, terms & conditions, etc. can be found on our website:

[www.headandshort.co.uk/podiatry](http://www.headandshort.co.uk/podiatry)



*We want your foot health to be the best it can be; with that in mind we recommend the following, please:*

1. Wear sensible shoes; this means avoiding court shoes, slip-ons and high-heels. Always buy shoes that fit your feet rather than squeezing your feet into fashionable shoes. You'll feel more comfortable in the long run.... if in doubt get your shoes fitted by a qualified shoe fitter.
2. Wear hosiery that is neither too tight nor too loose and change your hosiery daily.
3. Wash your feet every day, paying particular attention in between your toes. Check to make sure your feet are problem free.
4. If your skin is dry apply a moisturizer, (but not between the toes), paying particular attention to any areas of hard skin.
5. If you have excessive moisture between your toes use surgical spirits, applied with a cotton bud, a couple of times each week.
6. Do not use home "lotions and potions" to remove corns or hard skin; leave that to your Podiatrist.
7. Do not use blades on yourself.
8. Keep your toenails short, long toenails can catch hosiery and dig into other toes. After you have cut them use a file to ensure they are smooth and that you have not left any spikes.
9. Avoid wearing the same shoes every day; did you know unpolished leather absorbs ten times its weight in sweat? Give your shoes a chance to breathe.
10. If you have poor circulation or diabetes, it is vital that you check your feet every day. Any minor wounds, areas of redness or presence of discharge, should be dressed with an antiseptic and sterile dressing. You should consult your Podiatrist as soon as possible and attend for regular check-ups.
11. Do not put your feet near sources of heat e.g. radiators, fires, hot water bottles, remember if you have any numbness you won't feel your feet burn...

