



Welcome to the practice. A comprehensive medical history may be taken upon your first visit. Both feet are examined & treated.

APPLIANCES.

Clinical paddings that have been seen to work well keeping pressure off a sore area or ulcer can be made out of a more long lasting material [i.e. Rubber covered in leather]

HOPING TO RESOLVE CORNS & HARD SKIN

Appliances only cushion or take pressure away from a sore area but it does not prevent it's formation. An attempt to cure a symptom requires a Ihr Biomechanical Examination.

Definition : Biomechanics - The study of the structure and function of the lower limb. Each bone and joint should obey 'normal' measurements and when people fall outside these normal values signs and symptoms occur and then when sports are carried out the problem gets worse.

DEFINITION: ORTHOTIC -

A corrective insole that alters foot function due to a prescription [Tilt applied] at the back of the device to alter how the joints work during walking. Biomechanics & orthotics can't help everyone, bone surgery may be the only cure for an obvious foot deformity e.g. rigid hammer toes, bunions etc.. A short appointment will tell if orthotics will help or not.

SKIN SURGERY. Ingrowing toenail.

Can be cured by a minor nail procedure whereby a part of the nail is taken away from both sides of the nail & the nail 'root' [matrix] is sterilised in those areas by a chemical. No deep surgery is required or stitches after, which makes this procedure a very good alternative. The remaining nail will be cosmetically acceptable.

Patient Responsibility

Please provide as much notice as possible if you have to cancel or change an appointment. Ask your podiatrist for information about your treatment options and how much it will cost.

Car Parking

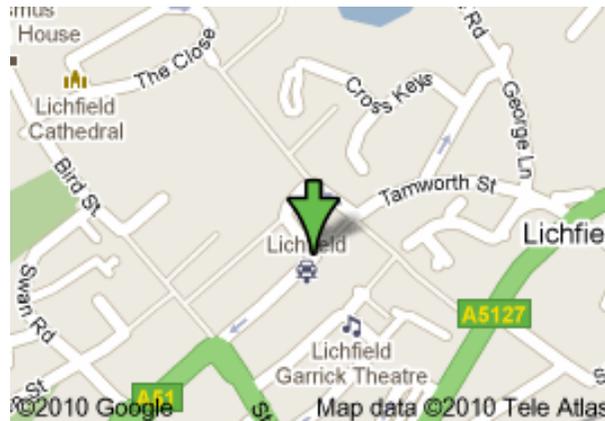
We suggest Bird Street, The Friary or Multi-storey car park as the most convenient for our practice. There are disabled parking bays situated on Bore Street.

Opening Hours

Monday—Friday 8:30—5:30

Saturday/Sunday Closed

We are closed weekends and bank holidays, if you require urgent treatment outside normal practice hours call 07814 602547



www.therunnerspodiatrist.co.uk

01543 250093



The Society of
Chiropodists
and Podiatrists

P J. THOMPSON.
D.POD.M., M.Ch.S., S.R.Ch..

The Runners Podiatrist

STATE REGISTERED CHIROPODIST. [est 1986]





Q Does chiropody treatment hurt?

A Removing thick hard skin is generally not painful but painful corns can be tender to remove for a few seconds.

Q Does chiropody treatment cure?

A Chiropody generally 'keeps' comfortable i.e. chiropody treatment interrupts corn and hard skin build up before it gets too painful.

Q Do you cut toenails straight across?

A A normal none problematic toenail you would cut straight across, but with curly [called involuted] toenails the top 1/3 of the toenail can be shaped like a curve in the corners to keep a pointed edge away from the toenail tissue.

Q Does cutting a 'V' in the centre of the toenail correct ingrowing toenail?

A Absolutely not It's just an 'old wives' tale based on the idea that with the 'V' cut in the nail the painful corners will flex in taking the pain away. The nail is rigid [hard Keratin] and does not flex in at all.

Q Do antibiotics cure infected ingrowing toenails?

A They clear the local infection in the tissue surrounding the ingrowing toenail but it does not alter the fact that there is a 'structural' nail problem that needs to be cured by a minor nail operation. The antibiotics can 'mask' the overall problem in such a way that when the course of tablets are finished the whole problem just flares up once again.

Q How long do I keep my Chiropody pads on for?

A Sore corns and hard skin are caused by abnormal overload of pressure in a particular area. So the padding redirects that pressure after treatment. As long as there is no broken skin where upon getting constantly wet with bathing increases the chances of infection, then the padding can be kept on as long as possible.

Q How long does a local anaesthetic last?

A Short acting local for toenail and verruca surgery lasts 2- 4 hours. Long acting local for bone surgery lasts up to 8 hours.

Q Would orthotics go into fashion court shoes?

A No, they are totally unsuitable. The curvature of the last in such a shoe would lead to the foot rocking on the device and slipping forward, made worse by the high heel.

Q Can I wear my orthotics straight away all day?

A No, this could prove disastrous there is an 'issue sheet' given with your orthotics that points out a gradual build up program e.g. 1 hr day one, 1 1/2 hrs day two etc. because muscles and joints need to adjust to new forces and altered angles.

Q We all know fashion shoes cause bunions don't they?

A Certainly not. They speed up the rate of progression of the bunion but have no bearing on its cause. The cause is hereditary whereby the foot rolls over too much [called pronation] and causes an excessive sideways force on the side of the big toe thereby causing it to dislocate.

Q How long does it take to heal from 1) Verruca surgery 2) Toenail surgery 3) Bone surgery.

A 1) 2-6 weeks depending on the size of verruca. 2) 2-4 weeks. 3) 2 - 3 months & all forgotten in a year.

Q Do I have to fast before I come for a local anaesthetic.

A No, a usual light digestible meal is good before a local because you are not being put to sleep and then the risk of choking on inhaled food is not an issue.

ALL INSTRUMENTS IN THIS PRACTICE ARE STERILISED BY AUTOCLAVES TO COMBAT CROSS-INFECTION BY BACTERIA & VIRUSES.

e.g. hepatitis B, HIV [A.I.D.S. (acquired immune deficiency syndrome)] & also Bacteria.

IF YOU HAVE B.U.P.A. MEDICAL INSURANCE/THEY NOW COVER PODIATRIC SURGEONS FOR BONE SURGERY.

If referred by a consultant.

VERRUCA SURGERY. DEFINITION:

Verruca - a warty growth in the skin caused by a virus picked up in warm moist areas [swimming baths] when the person does not have the immunity to the particular wart virus exposed to. Chemicals [burning ointments] are not used in this practice for they can be time consuming [many visits before a cure]; costly in the end and uncontrollable [patients can over react to the treatment]. Treatment of choice in bad cases is an 'inoculation' type procedure whereby the wart virus is pushed or punctured into the deeper layer of the skin [dermis] to trigger an immune response to make the verruca/ae disappear. NO POST OP. VISITS NEEDED.

Another useful treatment is electrically burning the growth out which leaves a hole that takes time to heal and follow up visits are required. Both these procedures are carried out under local anaesthetic. Fees vary depending on the procedure used. Procedures are carried out under a strictly sterilised environment.

PODIATRIC BONE SURGERY.

DEFINITION: PODIATRY - the study and treatment of feet from a curative point of view by Orthotic therapy or surgical intervention. **PODOLOGY** - the study of feet.

Patients requiring surgical correction for bunions & hammer toes etc., can be referred to a **PODIATRIC SURGEON** who is a further qualified **STATE REGISTERED CHIROPODIST** who is licensed to operate on the bones of the feet. The common procedures of choice are modern joint preservation procedures introduced by the U.S.A. who are leaders in forefoot surgery.

Currently the surgery is private fees payable. Most medical insurance companies insist on referral from a G.P.. An appointment [1 hr duration] before the surgery is required to assess the suitability for such work to be carried out. Tests are carried out & a form on past medical history filled in. The G.P. is sent a post op. report.