



Better Ways to Keep Your Feet Healthy



CHESHIRE FOOT CLINIC

PODIATRY

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www.cheshirefootclinic.com

Cheshire Foot Clinic's team of podiatrists share over 50 years of experience in treating adults and children. Our team is well-versed in addressing a wide range of foot, ankle and lower limb concerns such as: ingrowing toenails, verrucae, corns, and calluses, musculoskeletal conditions such as plantar fasciitis, neuroma, arthritis, achillestendinopathy, sports and other lower limb injuries. We are the experts at treating foot and ankle problems.



We use our expertise to diagnose your problem and guide you through a bespoke treatment plan utilising the latest treatments available, including 3D printed orthotics, shockwave, corticosteroid injections, laser and ultrasound. Our aim is to ensure you receive the best experience, the highest quality care, and are able to get back to doing what you love as soon as possible.



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One of the more underrated parts of physical well-being is foot care. When your feet are in tip-top shape, you can do more than just walk. You can run, skip, jump, and participate in healthy activities like hiking and swimming.

Your body relies heavily on the bones and joints in each foot, as your total body weight is supported by your feet. This includes standing and being able to keep your balance. Good foot health is extremely important to one's overall state. This is especially vital for people with conditions like diabetes and autoimmune diseases such as rheumatoid arthritis and lupus.

There's a large supply of over-the-counter remedies for foot problems on the market because there's a constant demand for them. People generally spend millions every year on foot care products which can be saved by simply taking good care of one's feet or seeking professional help when it is needed.

Follow these simple steps on how to take care of your feet to keep them in the best possible shape:

Stay clean and dry

Wash your feet regularly, and make sure to dry carefully especially between your toes. This lessens the possibility of fungal or other infections. It also lowers the chances of developing any unwanted odours. If you think you have a foot infection or foot odour our Podiatrists will be able to advise you.



Choose the right shoes

No matter what you wear, be it closed leather shoes or sneakers, alternate your footwear and air them out! When buying new footwear, be sure to try walking in them and, if possible, running and jumping. If you have one foot that's slightly bigger, get that size. If you have new shoes only wear them for an hour or two initially, that way if they are rubbing you won't do too much damage. If you are struggling to find the right shoes our Podiatrists will be able to advise you.

Exercise

Giving your feet a workout ensures consistent blood circulation. Simply taking a walk can serve as the exercise needed to keep your circulation moving. Taking a brisk walk for at least half an hour several times in a week is ideal. If this is too much for you why not seek some advice on how you can increase your exercise levels safely, our Podiatrists will be able to advise you, or, if you are worried about your circulation, they can undertake a neurological and vascular assessment.

Rest

Like every other part of your body, feet will benefit greatly from rest. Try to elevate them for a few minutes while you're lying down or reclining in a chair. Give them a nice massage with your hands; a tennis ball, golf ball, or something similar works also. Our Podiatrists can provide a hot wax treatment as part of your care should you require an extra treat.



Maintain your toenails

No need to see a professional if you can do it yourself, right? Cut your toenails just right by leaving them just a little longer than your toe tips. Do it in a straight motion. That way, you can avoid any ingrowing toenails.

If you're not sure if you need to see a podiatrist, give yourself a foot exam first. Some things to look out for include pain, changes in your foot's colour and temperature, calluses (hard skin) and corns, redness, swelling, or tenderness. If you have any of these issues, make time to see one of our Podiatrists.

Feet are often taken for granted. Being more proactive about caring for them can make a big difference. You don't have to have conditions such as impaired mobility or diabetes to get started. Everyone can benefit from good foot care.

If you have any foot or lower limb problems book an appointment for Your Assessment with us.

If you want to speak to someone about a foot problem, contact Cheshire Foot Clinic and one of our Podiatrists will be able to help you.



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