

### How Can Chiropody help?

Care of the feet is not purely for cosmetic benefit. our feet carry us through life and if they are uncomfortable our day to day activities becomes very difficult. A chiropodist may observe conditions on or in our feet that we are unaware of, helping us to prevent problems before they occur.

Chiropody is about maintaining the feet to enable us to live our daily life in comfort.

### **Chiropody Treatment:**

Treatment consists of a relaxing foot soak then the following as required -

**Nail Cutting / Callous Removal / Cuticle clearing / Corn removal / Ingrowing toenail treatment**

**Fungal Nail Assessment / Thickened Nail Treatment / Verruca Assessment / Athletes Foot Assessment**

Finally the feet are massaged with moisturising cream and powdered.

If needed, preventative padding is fitted during treatment.

### **Who can Chiropodists treat?**

Anyone with a foot problem may visit a chiropodist. The treatment given will be based on the needs of the patient and the discretion of the practitioner. The chiropodist will treat diabetics, however in all cases, advice may be given as to the need to visit a GP.



### About the Chiropodist

#### **Helen Fricker M.Inst.Ch.P. HCPC registered**

Helen first worked for the Scholl Company in their covenry shop where she completed training for the fitting of - shoes, support hosiery and arch supports. She qualified as a Chiropoidist at the Scholl Training School in London in 1988.

Helen has been self employed since 1990 when she began a private mobile chiropody practice in the East Gwent area, and has recently joined forces with the Bargoed Chiropactic clinic to provide a Chiropody service in the area.

**Member of the Institute of Chiropodists and Podiatrists** □ □ [www.iocp.org.uk](http://www.iocp.org.uk)

**Registered with the Health & Care Professions Council** □ □ □ [www.hcpc-uk.org](http://www.hcpc-uk.org)