

Podiatry Service

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Podiatry Speciality Lead
High Risk



What is a Podiatrist?

- **Podiatry** is the new name for chiropody
- **Podiatrist** is the new internationally recognised name for chiropodist
- **Podiatrists** specialise in the assessment, diagnosis and treatment of problems with the lower limb and foot
- All podiatrists who work in the NHS are **registered with the Health Professions Council**



We ask a lot from our feet!

- On average your feet walk between 2000 and 6000 steps each day (between 1 – 3 miles)
- The average person walks the equivalent of 4 times the circumference of the earth in their lifetime



Three quarters of us will suffer with our feet at some time in our life!

Many People with Rheumatoid Arthritis will experience foot problems



Does the shoe fit?

One of the things that can make a big difference to how you're feet feel is what shoes you wear



Top tips for choosing everyday shoes

- Choose a foot shaped shoe
- Choose a style with a fastening
- Save high heels for special occasions
- Trainers are ideal!



How to Contact Podiatry

How to apply

Pick up an application form from your local health centre and send it to us



Bull Plain Clinic
27 Bull Plain
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