

Podiatry & Chiropody Services

Health & Sports Physiotherapy Ltd provides a Podiatry & Chiropody service from our Cardiff clinic, in association with Mark Evans a Senior Podiatrist.

Our Podiatry service specialises in the prevention, diagnosis, treatment and rehabilitation of foot, ankle and lower limb problems in people of all ages.

Every client is given a comprehensive assessment and is provided with a treatment plan according to their needs. Systemic, vascular, neurological, functional, skin and nail appendages and footwear are all considered.

The aim is to provide clients with the best outcome. Treatments may include any of the following; advice, routine foot care, diagnosis, exercise plans, muscle balance, ultrasound therapy, myofascial therapy, high risk management, muscular-skeletal assessment and gait pressure plate analysis.

In some instances it may be necessary to refer to your G.P, Consultant or another health practitioner. Laboratory tests or radiographic imaging are sometimes suggested to confirm a diagnosis.

Mark is a member of the Society of Chiropodists & Podiatrists and is registered with the Health Professions Council guaranteeing a high standard of care to all our clients.

Routine foot care and common foot problems

Routine foot care and advice will aid in maintaining feet in a pain free and healthy condition.

Nail management – Treatments range from simple nail cutting to other problems such as fungal nails, thickened or in-growing toe-nails.

Corns and callus - Caused by various mechanical stresses and pressure that may be due to foot function, foot shape or footwear. They can cause a lot of discomfort but are easily treated.

Footwear – Unsuitable footwear contribute towards many foot problems such as corns and callus, bunions or neuromas and may affect balance and posture. Footwear plays a major role in resolving some foot and lower limb problems.

Dry skin - Can be unsightly and cause painful fissures.

Excessively **sweaty** or odorous feet can be an embarrassing problem.

Fungal infections affect the skin usually between the toes or under the feet. This is a common problem that should to be treated otherwise could lead to more serious infections or spread to infect the toe-nails.

Veruccae is more commonly found in the younger population, is contagious and can also be painful.

Foot Health check

Have you ever had your feet professionally examined before?

Feet are one of the most neglected areas of the body. A check up of your foot health may identify a problem you were not aware of and advice or intervention will help resolve or prevent problems.

As they say, prevention is better than cure.

This includes examination of your vascular and neurological systems, skin and nails appendages, basic foot function, footwear examination and advice as appropriate.

Diagnosis

Clients may present with some form of foot or leg problem.

For example it could be a skin lesion, a painful heel or walking with a limp. Problems such as these may require a professional opinion.

Mark is experienced at diagnosing many foot and lower limb problems and will always try to identify the cause and provide suitable treatment and explanation.

Muscular-skeletal assessment – (Muscles, bones, joints, tendons, ligaments and fascia)

This is a 'hands on' examination of the foot and lower limb and assesses muscular skeletal function with specific attention to any areas of pain or discomfort. It incorporates postural observation and treadmill gait analysis to identify abnormal functional mechanical problems which may have an adverse affect on other parts of your body that could result in pain, poor posture, poor function or injury.

From these findings it may be possible to improve your function through physical therapy or an exercise plan with aims such as increasing strength, flexibility and balance. There may be a need for insoles that are designed to improve function and gait.

There are many indications for Muscular-skeletal examination. Examples are perhaps if you feel your mobility is limited in some way or you experience re-occurring aches and pains when walking or running. Some may feel their posture is poor or perhaps tire easily when walking.

Sport related conditions

Any sporting activity may increase stress on bony and soft tissue structures thereby increasing the risk of injuries. Jumping, twisting or running can increase the pressure on your feet by many times your body weight, placing great stress on the feet and the rest of the muscular skeletal system.

Mark has diagnosed and rehabilitated many sporting injuries, the cause of which may be gradual and chronic in nature such as an achilles tendinopathy or a sudden acute injury such as an ankle sprain.

Foot orthoses / insole therapy

Foot orthoses vary in design and function and different materials are used depending on what is required. They can be prescribed to offload painful or high pressure areas on your feet or alter foot function to reduce abnormal stresses and improve function and efficiency in gait.

High Risk Management

Clients with systemic disorders such as diabetes, arthritis and rheumatological conditions may have associated complications that affect their circulatory, neurological or muscular-skeletal systems. This may put them at increased risk of foot and lower limb complications such as poor healing, diminished blood supply, loss of sensation, change in foot shape, or falls and as such need appropriate care.

Podo paediatric - (children's foot and lower limb) assessment

This assessment is aimed at children and young adults.

As a child grows, the feet and lower limb go through many changes and stages of development. A developing child will present with a different set of problems to that of an adult.

Children not only suffer from known problems such as verucaas, they present with many other conditions that may cause concern to parents. Some examples are toe-walking, flat feet, in / out-toeing, persistent tripping, knock knees, curly toes. Professional opinion should be sought if your child complains of pain or is limping.

More of the frequently seen conditions that occur in children are often developmental in nature and only advice and re-assurance is necessary. If a condition is developmental it may sometimes take up to several years before changes are seen.

Some conditions are treatable and may require exercise, foot orthoses or other treatments. If deformities or abnormal growth are diagnosed early enough it may be possible to prevent abnormal development progress into adulthood. Knowing when or when not to treat a child is important. Mark is experienced at treating children's foot and lower limb conditions and would be happy to evaluate your child.