

Welcome to The Walkwell Clinic!

Foot facts:

- Our feet carry us the equivalent of five times round the earth in our lifetimes.
- There are 26 bones in the foot.
- In the UK it has been estimated that 75% of the average adult population has some kind of foot problem.
- Some problems with our feet change our posture and that can affect the whole body, causing other problems.



Proper care and attention to feet is important at a young age to ensure correct growth and foot function and so help decrease the above percentages. Although the 26 bones in the foot are small, do not be tempted to think that they

are insignificant! They are all at least as important any other bone in the body. In fact, since we spend so much time standing and walking, we use our feet as the foundation of the whole body structure for long periods and so with this view of our feet, the significance of them being in good order and the correct position is more obvious. Our feet can actually affect our whole wellbeing.

Good News!

Using modern treatment methods, we at The WalkWell Clinic are able to relieve foot problems. Our treatment plans are tailored to meet the needs of the individual. We offer an extensive range of treatments from general chiropody and foot care to treatment of children and biomechanical treatments (the application of science to improve foot and leg function). We treat corns, verrucae, in-growing toe-nails, hard skin, heel pain, leg pain, bunions and can often help with conditions in other areas of the body by correcting foot function.

Further Information

Please contact us by telephone or e-mail or by popping in to the clinic should you have any enquiries or require treatment. However, in the following section which we hope you find useful we attempt to address some frequently asked questions.



What is a Chiropodist?

He/she is a specialist who is trained to care for feet, carry out treatments such as callous and corn removal, in-growing toenail and fungal nail treatments, and verrucae treatments.

What is a Podiatrist?

He/she is a skilled professional who is trained to diagnose, treat and prevent abnormal conditions of the foot and lower limb. Podiatrists aim to keep people moving by using methods incorporating biomechanics and orthotics, and simple insole prescription. Some are also able to perform minor surgery and prescribe antibiotics for foot infections.

What is a Corn?

Corns are balls of hard skin that develop on the foot due to pressure, shoes or a poorly functioning foot. They are painful and should be removed by a chiropodist/podiatrist.



Why do I get Hard Skin?

Hard skin or callouses develop as a result of pressure, dry skin or also

due to foot malfunction. Treatments include filing, creams, soaking and rubbing with pumice stone or professional removal by a chiropodist. However, to prevent re-occurrence, the cause would need to be treated and you would need to be seen by a podiatrist for assessment.

How can I cure Heel Pain?

Heel pain is quite a common problem. The medical name for it is Plantar Fasciitis (inflammation of the plantar fascia). It is usually painful in the morning when first getting out of bed and, of course, when walking. It is more likely to occur in overweight people. Treatments include steroid injections and anti-inflammatory medication, but this only treats the symptoms as the cause is often foot malfunction. The most effective treatment seems to be biomechanical foot orthoses, which work by realigning the foot and making it work more efficiently when walking. This usually relieves the pain although it can take several months to be fully pain free. To obtain this treatment one should see a podiatrist who specialises in biomechanics.

What is a Verruca?

A verruca is a virus belonging to a group of viruses called the Human Papilloma Virus (HPV). The virus enters through a break in the skin and grows by feeding off body cells and blood. Verrucae grow into small or large white lumps, typically with a black dots in the centre and can grow unnoticed until they become painful. The longer a verruca is present, the harder it is to treat and resolve. We can treat them with acids or by freezing or surgery.

What are In-growing Toe-nails?

In-growing toe-nails are one of the most painful conditions brought to the podiatry surgery. Often, the toe is infected and swollen and extremely painful, even to light touch. It can occur when a nail has been cut badly and a spike grows into the toe, or when the sides grow more deeply and irritate the sides of the toe. In mild cases the nail can sometimes be cut away to relieve the pain. If the nail repeatedly in-grows, then a minor operation to prevent the nail re-growing can be performed under local anaesthetic. In-growing toe-nails are usually best treated by a podiatrist.

Any further questions?

Please feel free to call us

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