

Podiatry and Chiropody



CRYSTAL PALACE
PHYSIO GROUP

Making People Better

What is Podiatry?

Podiatry, also known as Chiropody, is health profession that deals with the prevention, diagnosis, treatment and rehabilitation of medical and surgical conditions that occur in your feet and lower legs.

Podiatrists and Chiropodists are able to provide treatments such as prescribing orthotics and insoles which can resolve most foot and lower leg problems. They also deal with common problems such as in-grown toenails, corns and calluses.

Who can be treated with Podiatry?

Podiatrists treat problems arising from your feet and lower legs. This includes people with conditions such as:

- Biomechanical problems (the position of your feet and lower legs)
- Leg length discrepancies
- Common sporting injuries: Plantar fasciitis / Achilles tendonitis / Stress fractures / Ankle sprains / Shin or knee pain
- Bone and joint disorders such as arthritis
- Soft-tissue and muscular problems
- Neurological and circulatory diseases (e.g. diabetes) of the feet and lower legs
- In-grown toenails, corns and calluses

How can Podiatry benefit you?

Podiatry treatment can help alleviate a wide range of painful conditions, which can affect your feet, ankles, lower legs, knees, and even your hips and lower back.

To do this, the Podiatry treatment you receive may include:

- Shoe padding
- Strapping
- Exercises
- Correct shoe advice and/or
- Orthotics, which are specialist foot supports that improve or correct the position of your feet

Are you a runner?

Have you been told your feet pronate or supinate? Do you want more information on the best type of footwear and how to avoid running related injuries? Come and see our highly trained team.

Contact us now

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