

A Guide to **Podiatry**



#podsfixfeet



What is a Pod?

Short for podiatrist, a pod is a medical professional devoted to the study and medical treatment of disorders of the feet, ankles and lower extremities.

Podiatrists are the only medical professionals who exclusively specialise in treating the foot and ankle.



A podiatrist can treat or advise you on:

- Acupuncture
- Ageing feet
- Athlete's Foot
- Biomechanics
- Blisters
- Bunions
- Calluses
- Chilblains
- Corns
- Diabetes (foot related)
- Footwear
- Fungal infections
- Gout
- Heel pain
- Homoeopathy
- Insoles (orthotics)
- Ingrown toenails
- Laser therapy
- Osteoarthritis
- Podopaediatrics (children's feet)
- Rheumatoid arthritis
- Sports medicine
- Surgery
- Sweaty feet
- Toe deformities
- Toenail cutting
- Verrucae
- Walking and hiking
- Working feet

When do I need to see a podiatrist?

When your feet hurt, something is going wrong. In this case we recommend that you visit a podiatrist, who will advise you on the best course of treatment.

Foot problems can also be prevented before they occur by visiting a local podiatrist for advice on how to keep your feet healthy and in tip top condition.



Why see a podiatrist?

Podiatrists are highly trained professionals registered by the Health and Care Professions Council (HCPC) that have trained solely in the area of the foot and lower limb for several years. In order to become an HCPC registered practitioner a Podiatrist will have undertaken and passed a full time degree in podiatry or will have met stringent entrance criteria set by the HCPC.



Foot problem? See a podiatrist!

Find a pod near you by visiting:
www.podsfixfeet.co.uk



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