

Foot Health at Walsall Mind & Body Centre

Foot Health Practitioners undertake a wide range of care and maintenance procedures for feet and are trained to recognise and assess foot health needs. They can take action to improve your conditions and eradicate problems that may impact your overall health but which originate in the feet or lower legs.

Basic foot care and routines can promote good circulation; maintain mobility and quality of life. People who are less mobile, elderly, overweight or diabetic may have specific requirements to reduce their risks related to their health which is where Foot Health Practitioners can help.

A Foot Health Practitioner at Walsall Mind & Body Centre can give you a diagnosis and prognosis of the foot. They take care of:

- Routine nail nipping
- Verrucas
- Reduction of callus (hard skin)
- Removal of corns
- Ingrown nails
- Structural defects
- Nail fungal conditions
- Infection control
- Foot care for people with Diabetes is not a problem

When you think about it, our feet are absolutely crucial to our wellbeing as a whole person. As any soldier will tell you, care for the feet first and rifle second. Many people experience problems such as back ache, joint pain and other problems which arise due to problems in their feet which affect other areas of the body.

Sometimes it's as simple as providing an insert to wear in your shoes to correct posture. Other clients may have illness, infection or misalignment in the feet which they have simply 'put up with' rather than sorting out. If you are in doubt, you would be advised to consult a foot health practitioner who will carry out an assessment of the condition of your feet, examine your posture and identify anything that needs to be sorted out. The aim of the practitioner is to provide you with the knowledge to help yourself and to assist you in remedying your problems.

Foot Health Practitioners work as independent practitioners in the private sector but often work alongside medical staff and with other health care professionals supporting the well-being of their clients. Where necessary a foot health practitioner will refer a client on to access medical attention

Your feet are the most complex, yet neglected, part of the body. ***Look after yours!***