

Tiptoe Foot Care

Chiropody and Podiatry - Price List

Nail cutting	£25
Routine chiropody	£38
Combined podiatry & 10 minutes reflexology	£48
Initial verruca assessment	£38
Ulcers and redressing	£38
Nail surgery	from £250
Temporary insoles	from £38
Permanent insoles	from £230
Home visits	from £43
15-minute taster session	£15
40-minute reflexology session	£42

Consultation and treatment is by appointment only, and is on a private basis. All fees are payable at the time of consultation.

*This price list operates for all branches except the Hendon Branch. Please call the Branch for more details.

24 hours notice is required for cancellation of an appointment otherwise a fee may be charged. We operate a 24-hour answering service.

CONTACT US TODAY TO MAKE AN APPOINTMENT

East Barnet Clinic

19 Longmore Avenue,
East Barnet,
Herts EN4 8AE

020 8441 4213

Cockfosters Clinic

23 Station Parade,
Cockfosters Road,
Herts EN4 0DW

020 8440 8442

Palmers Green Clinic

Rochdale Surgery,
Broomfield Avenue,
Palmers Green N13 4JJ

020 8886 3631

Hendon Clinic

Laboratory Spa & Health Club
1 Hall Lane
London NW4 4TJ

020 8201 5500

www.tiptoefootcare.com
HPC and State Registered Podiatrist

Your Introduction to Podiatry and Foot care



Tiptoe
Foot Care

Your Feet in Our Hands

What does a podiatrist do?

A podiatrist is the universal name for a chiropodist. We treat a variety of foot problems, including disorders of the skin, nails and small joints.

A summary of podiatric conditions and their treatments

Corns and callouses:

Corns are cone-shaped areas of hard skin usually occurring over areas of intense pressure. People complain that it feels like walking on a stone. We can help by enucleating the corn using a scalpel and applying pads to deflect the area of pressure; it may also be appropriate to address the cause of the problem.

A callous is the medical name given for hard skin. Areas of hard skin can occur anywhere with excessive pressure usually around the heels. Patients often complain that these areas are unsightly.

Treatments involve removing the hard skin and preventing the callous from reforming. We may also advise some self care to help maintain healthy feet.

Verrucae:

These are viral infections of the skin which are highly contagious and spreads very quickly. They are also known as warts. It can appear as a speckled area and grows rapidly. We will ascertain the best possible treatment and prevent the spread of the infection. A podiatrist may use cryotherapy or a chemical therapy to help aid the removal of the virus.

Plantar fasciitis and foot pain:

Plantar fasciitis is the name given to pain occurring around the arch area of the foot. It can occur during normal daily activities. We can offer a biomechanical assessment of the problem and may prescribe insoles to alleviate the pain. Other foot pains can be assessed, to find the cause of it and give appropriate treatment for the condition.

Bunions and toe deformities:

Bunions can be caused due to biomechanical faults in the lower limb or hereditary. A podiatrist can help make the foot more comfortable and advise appropriate footwear. We can also address any biomechanical problems.

Insole therapy :

We prescribe and manufacture insoles specifically tailored to the patient's individual condition rather than using an off-the-shelf device. This is important as they are more effective and comfortable. The range of insoles include temporary and permanent deflective pressure orthoses, cushioning orthoses, diabetic insoles and many more.

Athlete's foot: This is a fungal infection of the foot and can spread easily. The foot can appear to be dry, scaly and itchy. This infection can also affect the nails, causing them to discolour and become brittle. A podiatrist can help, advise and treat the condition. We can also address your lifestyle to prevent it from recurring.

Nail problems: We treat a variety of nail conditions such as reducing thickened nails or helping to prevent ingrown toe nails. Nail surgery can be performed to remove the side of the nail causing the problem and prevent ingrown toe nails from recurring.

Wound care service

We provide evidence-based wound care treatments for:

- diabetic ulcers;
- ischemic/arterial/venous ulcers;
- pressure ulcers;
- surgical wounds;
- chemotherapy induced wounds.

We place a lot of emphasis on wound prevention and patient education. Within this service, we treat a number of oncology patients (especially those on Capecitabine) for whom we provide tried and tested preventive and acute treatment for the problems associated with chemotherapy.

NEW

Reflexology:

Reflexology is a therapy that involves applying pressure on the feet or hands. Each reflex point in the foot is connected to an organ and part of the body. Working on a particular point can stimulate energy by a reflex action to a related muscle or organ, therefore encouraging healing.



The treatment is relaxing and can help alleviate tension and stress. The therapy has a cumulative effect and a course of treatments are therefore recommended. Benefits include: release of tension and deep sense of relaxation; healthy blood circulation and removal of toxins; improved sleep pattern and energy levels.

About the Tiptoe Practices

Tiptoe is run by Afni Shah, who graduated from University College London in Podiatry BSc (Hons) and completed her MSc degree at Kings College, London. She has a number of years experience in treating diabetic feet, biomechanics and wound care of the lower leg.

She has been highly recommended by Mr. Loh, the Vascular Consultant at Barnet General Hospital, and regularly attends to his patients.

Here is just one of the patients' views about the service:

"Afni has been really supportive and good for my feet in the last few months. The effects of a chemotherapy drug led to ulcers on my feet, which she treated with sensitivity and knowledge. Not many people understand the effects of chemo on feet, and Afni knew her stuff and was gentle and sympathetic in treating my feet, suggesting dressings, comfy socks, various creams etc. I did not realise the importance of podiatry until I went to see Afni - my feet are better because of her interventions. She is great, and I thoroughly recommend her!"

Reena Bhavnani