* Athletes foot
* Balance & co-ordination exercises
* Benign joint hyper mobility syndrome
* Bowlegs
* Developmental problems
* How to dress your wound
* Flat feet
* Foot and ankle strengthening with a rubber band
* Footwear advice
* Heel raises
* How to wear your foot orthoses
* In-toeing
* Knock knees
* Strengthening exercises
* Stretching exercises
* Stretching (back & legs)
* Toe deformities
* Toe walking
* Verrucae treatment
* Choosing the right footwear
* Diabetes – do’s and don’ts
* Electro-surgery
* Gait analysis & Biomechanics
* General foot-care advice
* Laser for fungal nails
* Nail surgery
* Patient confidentiality
* Podiatric Acupuncture
* Practice Accreditation
* Verrucae Needling

Our other leaflets…

Free advice leaflets & sheets…



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About Our

Services



Please telephone us to make an appointment or book online:

Harpenden 01582 467667

Hertford 01992 505105

St. Albans 01727 865343

Stoke Newington 0207 275 0382

www.headandshort.co.uk/podiatry

Head & Short Footwear & Podiatry   
14 High Street, St. Albans, Hertfordshire. AL3 4EL  
Company Reg. 6741445 VAT No. 975 7625

Head Office:

All of our Podiatrists (Chiropodists) are educated to degree standard (or equivalent), are registered with the Health & Care Professions Council and are full members of the Society of Chiropodists and Podiatrists

## Praesent congue sapien sit amet justo.



* General foot-care (including nail care, corns, callus, infections, etc.)
* Verrucae treatments, including chemical therapies, cryotherapy and minor surgery (e.g. electro-surgery, excision & needling)
* Minor surgery, including nail surgery for painful in-growing and involuted nails, verruca needling, etc.
* Diabetic foot-care assessment, treatment and advice
* Podiatric wound care and advice
* Assessment and treatment of children’s walking problems
* Musculoskeletal assessment and treatment (Gait analysis and biomechanics), for foot, leg and gait-related back pain, lower limb mechanical dysfunction, soft tissue injuries, massage, trigger point therapy , etc.
* Sports injuries assessment and treatment
* Prescription and supply of off-the-shelf insoles and casted and non-casted orthoses (orthotics)
* Foot-scans, including walk-on pressure measurement, Doppler ultrasound, etc.
* Fitting and supply of specialist footwear and socks
* Podiatric acupuncture
* Supply and administration of medication including antibiotics,

anti-fungals, anti-virals, topical steroids, steroid injections,

foot creams/balms and other

Podiatry related products

* laser for fungal nails
* everything a great Podiatry

practice should do!



We are qualified to offer a wide range of podiatry/chiropody care and treatments including:

How can we help you?



# Appointments…

Our surgeries are open full-time in Hertford St. Albans and Stoke Newington and 3 days a week in Harpenden. We will endeavor to see you at a time, which is most convenient to you.

If you are house-bound, and require a home visit, please telephone your nearest surgery and our friendly reception staff will be happy to be of assistance.

Full details of all our services, including opening times, prices, terms & conditions, etc. can be found on our website:

www.headandshort.co.uk/podiatry

Whether you are a new or existing patient we would like to take this opportunity to welcome you. Thank-you, for choosing our practice.

# Welcome…