

# FOOTHAPPY - Looking after *your* transport system

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The foot: muscles, nerves  
ligaments & blood-vessels

**Do you have tired, aching feet ?** Using the latest technology to assess your feet and gait, Gaynor can diagnose and treat a variety of conditions.

**The human foot** consists of 26 bones, bound together by ligaments, supported by muscles and supplied with blood vessels and nerves. It is, therefore, not surprisingly, subject to much strain & injury. A podiatrist can help with all your foot and lower leg problems.

## The services we provide include:

Full professional assessment and treatment of the foot & lower limb, including corns, callous, fungal infection etc. Ingrown toenail surgery. Verruca treatment and advice, diabetic checks, including Doppler scanning; provision of prescriptive insoles (biomechanics) and Acupuncture for foot or ankle pain and Reflexology for the whole person.



Bunions beginning to form

## Acupuncture

Acupuncture is a treatment which can relieve symptoms of some physical and psychological conditions. It can encourage the patient's body to heal & repair itself by the stimulation of nerves in skin and muscle.

Acupuncture increases the body's release of endorphins & serotonin, the natural pain-killers and feel-good factors of the body. This changes the way pain signals are received.

Each patient is assessed after a medical history is taken. Fine needles are inserted into the skin and left for a short time depending on individual need; many such conditions respond to acupuncture, including back neck shoulder, foot & leg pain. It can also help with sports injuries, headaches, sinus problems, arthritic pain etc.



Fine needles inserted into the skin

## Reflexology

Reflexology is an ancient form of healing dating back thousands of years. It treats the whole person not the symptoms and most people benefit from treatment. It is a safe natural therapy and relaxes, balances and harmonises the body. A reflexologist applies pressure to the feet and by working on specific points, can release blockages and restore the free-flow of energy to the whole body. The body is encouraged to heal itself by stimulating its own healing mechanisms.



Relaxing the feet - curing the body

**For HAPPY FEET call Gaynor now – home visits are available.**

\*\*\* Gaynor's Loyalty Scheme offer is 10% discount on 1<sup>st</sup>. treatment \*\*\*