

The human foot is a masterpiece of engineering and a work of art

- Leonardo da Vinci

Such a complex part of the body can have complex problems. At the Leigham Practice we have assembled a team that provides the complete range of foot health services under one roof.

We have experienced professionals working **six days a week** with **late evenings Mondays, Tuesdays and Thursdays.**

Gavin Fane, Podiatrist, Head of Practice



Since qualifying in 1991 from the London Foot Hospital, Gavin has worked in a wide variety of community and hospital settings, including the Diabetic Units of Kings' College and St Thomas' Hospitals. His career has seen him lead anaesthetics to the Podiatric Surgery Department at St Thomas' Day Surgery Unit, Senior Podiatrist for Research and ultimately Chief Podiatrist and Clinical Supervisor.

Denzil Trebilcock, Podiatrist, Biomechanics Specialist



Denzil attends the Leigham Practice regularly on Tuesdays with appointments extending into the evening, and is our podiatrist with a special interest in problems associated with walking and running in adults and children. In his NHS role, Denzil was the senior podiatrist and team leader at the Foot and Ankle Clinic working alongside physiotherapists, acting as a centre of expertise taking complex referrals from a team of over 20 podiatrists. He also works in Harley Street treating problems in a wide range of athletic disciplines, including elite athletes, and is podiatrist to the Royal Ballet, Covent Garden.

Yasmin Ryan, Podiatrist



Yasmin obtained her honours degree in Podiatric Medicine from the University of Westminster in 1996 and has worked in numerous clinical environments including hospital in/out-patient settings, health centres, homeless centres, mobile units, residential and care homes. She has enjoyed a highly successful career in private practice working in Croydon, Wimbledon and Putney and joined the Leigham Practice team in 2003.

Jennifer Tremlett, Podiatrist, Diabetes Foot Practitioner



Since 2006 Jennifer has worked at the Diabetic Foot Clinic at King's College Hospital, an internationally renowned centre for Diabetes foot care expertise and research, and is their Diabetes Foot Practitioner. She works under Professor Edmonds, a world-class leader in diabetes care, and is responsible for providing expert care, co-ordinating investigations, x-rays and tests, and planning the care of patients with complex foot problems, both in the department and on the wards.

Jennifer is able to liaise with physiotherapists where appropriate, acts as key 'link' person within the multi-disciplinary team and joins our team of highly experienced team on alternating Saturdays providing comprehensive care and support for all of our patients, even those with complex needs.

Jason Hargrave, Podiatric Surgeon



Jason Hargrave is a surgeon widely regarded by his peers, and has worked in London for many years developing Podiatric Surgery at St Thomas' Day Surgery Unit and then the Pulcross Centre, considered to be one of the leading NHS Podiatric Surgery Units in the country. He holds a weekly private surgery session in central London and, for patients whom have problems they feel require a surgical solution, our team can request surgical assessment.

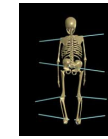
Scope of practice

Podiatrists are specialists in the foot and ankle, and problems associated with walking and mobility. They identify the cause of problems, discuss what treatment options are available and most appropriate for the individual, and, where appropriate co-ordinate care with other medical professionals to ensure the best care for their patients. The problems podiatrists treat include:

Foot problems in the young

Podiatrists can assess and treat a wide variety of problems affecting young children. They can assess mobility and check walking, tape and strap curly toes and other minor problems and provide supports where necessary. They can also discuss any general concerns related to foot care. In older children sports, injuries and skin problems such as verrucae, athletes foot and sweaty feet can be discussed and treated.

Adult foot problems



A wide range of foot and leg problems are caused by small changes happening over a long time. Once the causes of any given problems are identified treatment usually follows easily behind. Problems such as corns, callus, joint pains, injuries, ingrown nails, sprains and strains, bursae, blisters, claw toes, hammer toes, bunions, tendonitis, and others can be dealt with effectively by understanding their cause, and podiatrists seek to treat and cure where possible.

Foot problems in older people

Podiatrists are well known for their advice, treatment and management of foot problems in older people. At a time of life when keeping active and independent is essential, good foot care becomes absolutely critical. Older people will often comment that whilst they may have many problems affecting the thing that 'stops' them is their feet. The knock on effect on their physical and mental health can be quite significant. Podiatrists form an important part of maintaining comfort, health and keeping independence.

Occupational and sports related problems



It's true that the more stresses we put through our feet the more likely problems are to show. From simple problems, such as sprains and strains, to complex injuries, ruptures, fractures and rehabilitation following surgery, podiatrists use modern techniques combined with therapeutic equipment, such as ultrasound and laser therapy, to assist recovery to full health.

Foot problems related to health

There are a wide variety of serious medical conditions that can show up in the feet, and or podiatrists pay particular attention to foot problems that could be related to a medical condition, co-ordinating investigations and working closely with GPs. Podiatrists also appreciate that medication can affect the feet and cause problems not obvious to patients.

By considering your overall health, in addition to the vascular and neurological assessments they may perform, podiatrists hope to identify any potential health problems early and initiate effective treatments.

Infections and skin problems

Podiatrists treat much more than verrucae, athlete's foot and pus producing nail infections. They are able to diagnose a wide variety of dermatological conditions

affecting the skin and nails and initiate effective treatments. They seek to determine if any underlying causes may be present and eliminate these where possible.

Correction of ingrown nails

For people suffering with recurring nail problems our podiatrists can permanently correct misshapen or ingrown nails. Minor procedures are performed under local anaesthesia with minimal pain afterwards, generally no time off work and almost 100% success in our clinic. Wounds heal without scarring and excellent aesthetics.

Podiatric Foot Surgery

Many problems considered 'surgical', such as bunions and hammer toes, can be slowed or prevented if treated early in their development. Many foot deformities are the result of small forces that act on the foot as a result of abnormal movement and misalignment and can be improved with exercises, toe straightening techniques and orthotics, and our team primarily work to improve or maintain the feet and avoid surgery.

However, our team are also able to discuss foot surgery to help improve a problem, indeed Gavin Fane worked as anaesthetist and surgery assistant to the Podiatric Surgery Team for several years and is therefore able to discuss the benefits of foot surgery, the risks, type of operation likely to be performed, your recovery & long term consequences where appropriate and when surgery is required we can refer directly to our Podiatric Surgeon for consultation in central London.

And finally

Thankfully we avoided using 'footnote' as a heading, but our final word is that our team offer the highest quality foot care for a wide range of problems, supported by specialists providing a full spectrum of treatments.

Our aim is prevention first, then treat and cure as effectively as possible, and in doing so provide clinically effective, and cost-effective treatments. Should you need us, we hope to be of help to you in future.

Practice Information

Rail: Streatham Hill BR
4 min walk

Streatham Station BR
12 min walk

Bus: 57, 109, 118, 133, 159,
201, 250, 255,
319, 333 & P13
All stop directly outside at
'Mount Ephraim Road' request stop

Car: Unmetered parking in adjacent
Leigham Avenue or opposite in
Mount Ephraim Road

Limited Parking (20min) directly
outside between 10am-4pm

Foot: Directly opposite junction of
Mount Ephraim Road with
Streatham High Road



8 Leigham Hall Parade
Streatham High Road
London SW16 1DR

Tel: (020) 8769 7409

www.leighampractice.com

Other services available include:
Physiotherapy, Osteopathy, Acupuncture,
Massage Therapies and other treatments

We only ask our clients to respect our cancellation policy where appointments cancelled or changed with less than 24 hours notice, or are missed, incur the full charge. We send our thanks for your respect of our staff and services.



Podiatry Team



The Foot & Ankle Specialists

HPC Registered Professionals

Appointments
(020) 8769 7409