

*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



Qualifying in 1991, Gavin worked in a wide variety of community and hospital settings, including the Diabetic Units of Kings' College and St Thomas' Hospitals before being promoted to Senior I Podiatrist as podiatric surgery assistant/anaesthetics, working at St Thomas' Day Surgery Unit. In 2000 he was promoted to lead Research and Service Development until 2004 when he became Chief Podiatrist and Clinical Supervisor, leading staff development and training. He joined the Leigham Practice in 2002 and continues to develop podiatry and other services within the practice.

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 successful career in private practice working in Croydon, Wimbledon and Putney and joined the Leigham Practice team in 2003. She, like all our podiatrists continue to work part-time within the NHS and undertake a commitment to professional development and to remain at the forefront of her profession .

Denzil Trebilcock, Biomechanics Specialist



Denzil attends the Leigham Practice regularly on Tuesdays and alternate Saturdays and is our podiatrist with a special interest 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. His clinic acts as a centre of expertise for difficult biomechanical cases, taking complex referrals from a team of over 20 podiatrists. He works in Harley Street treating problems in a wide range of athletic disciplines, and works as principle podiatrist in a large multidisciplinary gym. He continues to develop his skills, networking with his peers both locally and nationally and provides a comprehensive service for our patients.

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 Pulross 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 arrange for private consultations.

Scope of Practice

Podiatrists may be foot and ankle specialists and act as a one-stop shop for the majority of foot and ankle problems, but in their training podiatrists also develop a comprehensive understanding of the role other medical professionals can play in helping and preventing foot problems of the foot, leg and spine.

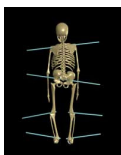
Podiatrists act as portals, identifying the cause of problems, discussing what treatment options are available and most appropriate for the individual, and referring cases/suggesting treatments where appropriate. Our podiatrists work closely with a team of specialists to offer a tremendous range of treatments for lower limb and musculo-skeletal problems.

Foot Problems in the Young

Whilst the majority of babies and children will 'iron out' many minor toe, foot, leg and walking problems as they develop, podiatrists are able to screen children with suspected problems to determine those likely to improve without treatment from those that would benefit from some help. Whilst children are still very young the bones are malleable. Curly toes can be taped. Feet can be strapped, Bones and alignment improved or corrected. Stretches, exercises and manipulations can be prescribed to correct foot and leg problems and parents shown how they can contribute to regular or routine care. In some cases prescription of special footwear or orthotics (in-shoe devices to improve walking) will help foot, ankle, knee, hip and back problems and help reduce or avoid problems later in life. Casts can be used to help bones to grow into better positions. Our specialist in biomechanics can reassure and treat a wide variety of common childhood problems.

Adult Feet

Although most people find that foot problems seem to occur 'suddenly' most problems take years to develop until they reach a certain point in time when our body makes us aware of the problem developing. Corns, callus, joint pains, injuries without any obvious cause, ingrown nails and problems with leg joints and muscles seem to come out of nowhere, but are often the result of many years of tiny invisible changes. With every step we take throughout our lives the feet, legs and spine crash into the ground and, like the engine of a car, very slowly wearing with each mile, problems, sooner or later, begin to surface. Hard skin, bursae, blisters, nail problems, claw toes, hammer toes, bunions, tendonitis, and so on, are usually related to the mechanics of the feet and how they move, which is unique to each individual. Our team not only treat the wide range of foot problems that cause us pain and suffering, they also seek to identify the cause of these problems and provide long term solutions.



Although not all podiatrists can use local anaesthetics, at the Leigham Practice our podiatrists use equipment and techniques to cure problems such as recurring ingrown nails, verrucae and painful complex corns. Our specialist in biomechanics can

prescribe devices (orthotics) to wear inside the shoes to balance and improve the way we walk. These cannot only cure painful problems in joints, tendons and muscles, but can reduce hard skin formation and the need for long term care.

The Elderly

Rather like dentists, podiatrists came into being because there are some parts of our body that are tricky to treat ourselves. Seeing your teeth and reaching the feet. Foot care requires numerous and incredibly complex systems to work simultaneously. We need good vision, mobility, power, grip, dexterity, coordination and balance just to reach the feet. Whether we can even treat the problems we find is another matter. Podiatrists are well known for their advice, treatment and management of foot problems in the elderly. At a time of life when keeping active and independent is essential, the feet become absolutely critical. Elderly people, with multiple health problems and severe arthritis will often comment how, whilst they can struggle to get around with difficulty, 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.

Occupation and activity



Foot problems can occur through work related activities or work related footwear, and the same is true of sports related problems and injuries. From simple problems, such as sprains and strains, to complex injuries, ruptures, fractures and rehabilitation following surgery, podiatrists use traditional techniques combined with therapeutic equipment, such as ultrasound and laser therapy, to assist recovery to full health.

Health Problems

The feet are simply a bag of bones with soft tissue, muscles, tendons, ligaments, blood, a blood supply, nerves, a nerve supply, skin and nails. Any general health problems affecting any of these can, and often does, have a knock-on effect in the feet. Podiatrists are alert to the fact that many foot problems may be related to a general health problem. In many cases podiatrists are able to identify the start of a wide variety of general health problems through the examination of the feet.

Podiatrists are also very much aware of the role that the medication many people take can also affect the feet and cause problems not obvious to other professionals. Major health problems such as diabetes, rheumatoid illnesses, circulatory and neurological problems are monitored closely and the podiatry team has an important role in screening, offering advice, providing treatment and making referrals where necessary. They can perform vascular and neurological assessments and perform gait analysis to identify health problems and initiate effective treatments.

Infections and skin problems

Podiatrists offer advice and treatment on a wide range of infections conditions such as verrucae, fungal and bacterial infections. They also help to diagnose and offer advice, help and treatment for a range of skin conditions that can affect the feet. In addition to providing treatments, Podiatrists tend to be equally concerned with the reasons problems occur and look to identify the original cause of skin problems and infections and to treat these. In doing so they not only treat the problem in the short term, they also provide long-term benefits by reducing the likelihood of problems recurring. Where problems are complex and require prescription medication the podiatrists can recommend treatments and liaise with GP's and specialists where appropriate to provide the best results possible.

Nail Surgery

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 generally excellent aesthetics.

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.

Although our team primarily work to improve or maintain the feet and avoid surgery there are some problems where surgery may be considered as the best option for treatment. One of our team, Gavin Fane, has worked with the Foot 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. For those patients who have had the opportunity to discuss all options available to help their problem, and who then feel foot surgery is their choice of treatment we can arrange appointments with the podiatric surgeon to discuss the surgical management of their foot problem.

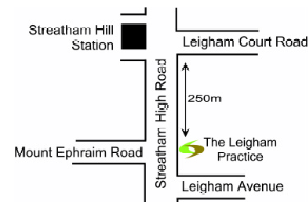
Footnote

Whilst we try hard to avoid foot-related puns, our final word is that our team offer high quality footcare 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 able to offer our services to provide you with immediate relief and feet that are the best that they can be.

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



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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 consideration to our staff and services.



Podiatry Team



The Foot & Ankle Specialists

HPC Registered Professionals

Appointments
(020) 8769 7409