

KENT LIFE

YOUR ESSENTIAL MONTHLY GUIDE TO THE COUNTY

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transformed a
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22 TEAROOMS

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Jay Lall is the owner of the multi-award-winning podiatry and chiropody clinics in Rochester and Strood
Image: Kent Foot & Ankle Clinic



Expert podiatrists can recommend the best footcare routine and treatments to maintain healthy feet
Image: Proactive Wellbeing Clinic / Kate Darkins



Using innovative technology, podiatrists at Kent Foot & Ankle Clinic can assess your gait and find ways to resolve callouses, corns and heel pain
Image: Kent Foot & Ankle Clinic

5 THINGS YOUR FEET CAN TELL YOU ABOUT YOUR EVERYDAY HEALTH

What would your feet tell you if they could talk?

Jay Lall, owner of Kent Foot & Ankle Clinic and Proactive Wellbeing Clinic, reveals five common foot problems you should be on the lookout for and what they can tell you about your habits and overall health.

1. Persistent arch and heel pain could indicate issues with your gait

If you're experiencing ongoing heel or arch pain this could be a sign that there's a problem with how you're walking. Conditions such as overpronation and arthritis can affect your gait, as can returning to exercise after a break.

Booking one of our biomechanical consultations can determine the cause of your pain. Using computerised visual gait analysis, we're able to assess your range of motion and find an effective cure. We can recommend exercises to improve movement, advise on footwear and use innovative technology to create bespoke orthotic insoles to ease pressure and relieve discomfort.

2. Ingrown toenails may suggest a change in your foot size

Ingrown toenails are mostly caused by wearing ill-fitting footwear and by cutting toenails incorrectly. Few people realise our foot size changes throughout our lifetime. To prevent ingrown toenails, it's important to wear properly fitted shoes and if you notice any problems, seek professional help right away. We can use conservative

methods to treat the toenail or perform a procedure under local anaesthetic to remove it and stop that side of the nail from continuing to grow.

3. Recurring verrucae may be evidence that you're not protecting your feet well enough

Gyms and swimming pools are some of the most common places to contract a verruca. To reduce your risk of getting one, it's best to avoid sharing towels, wear shower shoes and protect wounds on your feet with a plaster. Inspecting your feet regularly can help you spot a verruca early so you can seek effective treatment right away.

I'm one of the few podiatrists in the area, trained to do Falknor Needling. This technique punctures the verruca allowing your immune system to fight the infection. If you're unsure if you have a verruca or corn, we can diagnose the issue and administer the correct treatment.

4. A fungal infection could be a sign you need more breathable footwear

Check your nails for signs of discolouration or crumbling or between your toes and over the rest of your feet for red, itchy skin which can indicate Athlete's foot.

To treat nail fungus, we can use the Lacuna method to place micro-fenestrations in the nail to ensure antifungal medicines can penetrate the

nail bed and reach the affected area. For Athlete's foot, we can recommend an effective cure and determine the cause to prevent reappearance. Wearing cotton and bamboo socks and breathable footwear can help keep feet dry, averting fungal infections.

5. Changes to your feet could point to an underlying health problem

Our feet are incredibly important, and yet they are one of the most overlooked areas of the body. With that in mind, my top foot care tip is to treat yourself to a podiatry treatment or medi-pedi. A medical professional will thoroughly assess your feet and recommend care tips and podiatry services to address any concerns.

Our highly skilled podiatrists work across both our multi-award-winning clinics and are dedicated to helping clients lead pain-free, fulfilling lives, using cutting-edge technology and treatments to deliver the best quality service. ■

To book an appointment at the Kent Foot & Ankle Clinic in Rochester, visit kentfeet.co.uk or call 01634 540053.

For podiatry treatment at the Proactive Wellbeing Clinic in Strood, visit proactive-wellbeing.co.uk or call 01634 723600.