



**GET TO THE BOTTOM OF  
ANY FOOT AND ANKLE PROBLEMS  
& FIND OUT HOW TO FIX THEM AT  
PODIATRY & CHIROPODY CLINIC!**

Call our clinical receptionists or come into one of our Foot & Ankle Clinics to find out more. It could be a great first step to foot happiness and freedom!



Podiatry &  
Chiropractic  
Clinic™



## **DO YOU HAVE FOOT DROP? DO YOU HAVE OSTEOARTHRITIS OF THE FOOT OR ANKLE? DO YOU HAVE A FEAR OF TRIPPING? - WE CAN HELP**

Our mission at Podiatry and Chiropractic Clinic is to find the right solution to your foot and ankle problem to improve your quality of life. If you are experiencing foot or ankle problems, the sooner you intervene, the better.

Foot problems are more common than you think and they're often linked to knee, hip and back pain. For example, around 80% of people have a low arch profile or "flat feet", often resulting from over pronation.

In these cases, the ankle rolls inwards putting pressure on the medial side of the foot, ankle and knee. This increases wear and tear and pain. It can also lead to bunions, hammer toe, joint pain, knee pain and change the way people walk and run. These presentations could also lead to further problems.

As common as foot problems are, they're also unique in that they arise from how we all develop and function as individuals throughout our lives and through our lifestyle and activity.



As a result, foot problems often go undetected from childhood and may lead to further complications later in life. Contrary to popular belief, feet don't fix themselves! **However, they can be fixed, and the problems associated with them are preventable, with the right intervention.**

You, or someone you love, don't have to live with the pain, discomfort, and inconvenience of foot and ankle pain.

You don't need a GP or any kind of referral to see us at our Foot & Ankle Clinics.

There are simple and dynamic solutions available if you know where to look! That's where we come in. We have two Foot & Ankle clinics in St Leonards on Sea and Rye and have been consistently treating foot and ankle problems and pain through prescribing foot-ankle orthotics and Prescription orthotics for over 10 years.

Our dynamic team are highly motivated to free you from pain and discomfort and enable you to lead an active, healthy lifestyle by supporting you every step of the way.

**Call our clinical receptionists or come into one of our Foot & Ankle Clinics to find out more. It could be a great first step to foot happiness and freedom!**



## WE SET OURSELVES APART WITH A DETAILED PROCESS THAT GOES FAR BEYOND FEET

We believe feet are the foundations to the wellbeing of the body. We take into consideration our patient's entire lifestyle, work, leisure, level of physical activity and injury and consider how these link to any foot, ankle, or lower limb problems they may have. We start by assessing:

### **MEDICAL HISTORY**

We'll take an in-depth look at medical history, medication and any surgery our patients have experienced. We will consider any allergies and review prior tests like X-Ray and MRI.

### **VASCULAR HEALTH**

This checks circulation and whether there are any signs of peripheral vascular disease or circulation problems that need to be addressed.

### **DERMATOLOGICAL HEALTH**

We'll check for any dermatological (skin) problems that could be adding to or creating the problem. We also check for any signs of cancer through assessing blemishes and areas of discolouration.



## NEUROLOGICAL HEALTH

We carry out a neurological test to check sensation and test reflexes. This can help spot signs of diabetes, and upper or lower motor neuron conditions.

We carry out a comprehensive assessment of all of our patient's general wellbeing and lifestyle. This gives us a baseline to assess and work from. Then, we begin to focus on providing a solution to the problem presented to us. This is often achieved through our comprehensive Foot & Ankle and Lower limb, knee and hip assessments.

During this process, we also keep our core values very close to our practice. We believe in conducting our business with...

- Integrity and respect for your wishes.
- Great responsibility to do our duty to the best of our ability.
- High motivation to help you feel better.
- A holistic approach - we take your physical and emotional state into account.
- Education to future-proof feet.
- Progressively keeping up to date with professional developments in the industry.



**Call our clinical receptionists or come into one of our Foot & Ankle Clinics to find out more. It could be a great first step to foot happiness and freedom!**



## NO OTHER FOOT SPECIALISTS IN THE AREA OFFER SUCH AN IN-DEPTH FOOT & ANKLE OR LOWER LIMB, KNEE, HIP & PELVIS ASSESSMENT

Foot & Ankle Assessment

Lower Limb Assessment

Gait Analysis

Many problems in the lower limb, knee, hip, pelvis, and lower back are associated with the way our feet strike, contact, and leave the ground. Our comprehensive **Foot & Ankle Assessment, Knee, Hip and Pelvis Assessment And Gait Analysis** help us to identify the cause of an injury or problem. The results allow us prescribe evidence based solutions and get our patients back on track into their lifestyle and activity.



As foot and ankle experts, we often identify conditions and problems not picked up by other health professionals. Our assessment focuses on the underlying structures of the foot, ankle and knee joints, pelvis, and lower back, and the relationship between them.

# DO YOU SUFFER WITH FOOT DROP?

Is it affecting your confidence and mobility or causing you to trip? Do you suffer with chronic ankle sprains, adult acquired flat foot, or posterior tibial tendon dysfunction? We have great solutions for you.

Our specialist range of THREE state of the art Ankle-Foot Orthoses (AFOs) give you the ability to walk, run and enjoy a lifestyle better than you could have imagined.

Each of our AFOs works by controlling alignment and movement at the ankle joint while compensating for muscle weakness, tight muscles or deformity due to injury or stroke. This allows a more normal walking and running style.

Each AFO accomplishes this in a slightly different way, offering the wearer a choice of AFO which suits the problem, condition, injury and style to be worn.

## Richie Brace From £780

- Designed to treat chronic conditions to the foot and ankle, **Richie Brace** is a revolutionary non-operative approach to addressing foot and ankle problems and is considered the gold standard in foot and ankle bracing.
- Richie Brace is lightweight and low profile for a better in-shoe fit and greater freedom of movement.
- This state of the art Ankle Foot Orthotic with an orthotic foot base articulated with semi-rigid lower leg uprights offers great control and support to the foot and ankle and can be worn during sport or day to day activity.
- We offer the Richie Brace in 7 different functional styles which offer different ranges of functional support and control depending on injury, pathology and activity.

# 'Off The Shelf ' Richie Brace

- Our two 'off the shelf' (OTS) and available in clinic Richie braces, the **Richie OTS Ankle Brace** and **Richie OTS Dynamic Assist Brace** offer great support and control and can be fitted, purchased and taken to start walking more freely at the end of the consultation. They are often used as an interim brace before a custom Richie AFO.
- **Richie OTS Ankle Brace** is a prefabricated brace for ankle sprain, injury and tendinitis of the ankle. From a sprain or twist at the ankle, this is where the Richie OTS Ankle Brace comes into its own.
- **Richie OTS Dynamic Assist** is indicated for weak ankle muscles and Peroneal or Tibialis Anterior Tendinopathy. These conditions may restrict movement when drawing the toes up or allow excessive rolling in at the ankle.





# 'Prescription ' Richie Brace

**Richie Brace Standard, Richie Brace Dynamic Assist, Richie Brace Restricted Hinge, Richie Brace Medial Arch Suspender and Richie Brace Lateral Arch Suspender** all require the foot and lower leg to be casted in clinic for a bespoke prescription and perfect fit at the time of the consultation.

- **Richie Brace Standard** is prescribed for mild Posterior Tibial Tendon Dysfunction and Chronic Ankle Instability
- **Richie Brace Dynamic Assist** is prescribed for Foot Drop, Post Peroneal nerve injury, post stroke and Post Polio
- **Richie Brace Restricted Hinge** prescribed for Foot Drop
- **Medial Arch Suspender is prescribed** for Posterior Tibial Tendon Dysfunction
- **Lateral Arch Suspender is prescribed** for Peroneal Tendinopathy and severe lateral ankle instability

General information - Richie Brace is clinically indicated in the following cases:

- **Adult Acquired Flatfoot**
- **Tibialis Posterior Dysfunction**
- **Chronic Ankle Sprains**
  - **Sporting or activity ankle sprains**
- **Arthritis**
- **Foot Drop**
  - **Peroneal or Tibialis Anterior Tendinopathy**
  - **Lateral Ankle instability**

# Silicone Ankle - Foot Orthotic (SAFO) From £885

## SAFO Walk

Our SAFO Walk design enables freedom of movement akin to our Classic version simply with external straps added.

#giveyourselfalift



SAFO  
BY DORSET ORTHO

## SAFO Walk

## SAFO Classic

The SAFO Classic, as the name suggests, the original design with integrated velcro straps for a discrete finish. Tailored, as always specifically to you for a natural feel.

#giveyourselfalift



SAFO  
BY DORSET ORTHO

## SAFO Classic

## SAFO Sport

The SAFO Sport is our revolutionary new design for the more active user, releasing increased energy during the push off phase.

#giveyourselfalift



SAFO  
BY DORSET ORTHO

## SAFO Sport

- An award-winning sleek and functional design, the SAFO is worn next to the skin, fitting perfectly to your unique measurements.
- The SAFO range is a state of the art design and considered by many to offer the best 'next to skin' drop foot solution available to meet everyday needs.
- SAFO is made from 100% medical grade silicone to create a flexible and dynamic, yet supportive total contact AFO. As such, it is often considered by some to be more comfortable compared to a rigid AFO.
- During the swing phase of gait, (The swing phase of gait begins when the foot leaves the ground and ends when the same foot touches the ground again, this makes up 40% of the gait cycle) SAFO gives support to the front of the leg down to the top of the foot producing a more natural action and helping to lift the foot during walking and thus reduces tripping associated with drop foot.

- SAFO can be worn to walk barefoot, in sandals and flipflops and while swimming and walking on the beach.

- SAFO is available in various skin tones and bright colours which can be customised with personal design or colour.



- **SAFO Walk** - The SAFO Walk offers a sleek and functional design and fits perfectly to your unique measurements. The SAFO range is the original and probably the best drop foot solution available to meet your everyday needs.

- **SAFO Classic** - The SAFO Classic offers a sleek and functional design and fits perfectly to your unique measurements. Often imitated but never matched, the SAFO Classic is the original and probably the best drop foot solution available to meet your everyday needs.

- **SAFO Sport** - The SAFO Sport brings a new dimension for our patients, it releases additional energy during the push off phase to assist with high impact activities such as hiking, running, and a variety of other sports. It has all the functionality and support of the Classic and more.

The SAFO sport is aimed towards higher activity patients who suffer from a variety of foot drop conditions and want to be able to run in the AFO.

SAFO is indicated specifically for Foot Drop caused by conditions to include Stroke and Multiple Sclerosis:

General information – SAFO is clinically suggested in the following cases:

- **Foot Drop**
  - **Weak dorsiflexion and plantarflexion of the foot**

# TurboMed - XTERN AFO From £750

## A game changing solution for people with foot drop

- TurboMed XTERN AFO is a revolutionary new treatment solution for foot drop.
- Made from highly durable thermo plastic, the XTERN acts as an exoskeleton to your ankle and lower leg, offering you incredible functional control coupled with maximal ankle joint range of motion.
- XTERN attaches to the outside of your footwear and is quickly interchangeable from shoe to shoe.
- The XTERN can be used with all types of footwear, casual and active from day to day footwear to running trainers and hiking boots. It has been tested in the harshest environments for fit, function and durability.



Suggested for:

- **Foot Drop**
- **Weak dorsiflexion and plantarflexion of the foot**

# Orthotics

**Prescription Orthotics £450**  
**Off the shelf orthotics from £50**

**Do you suffer from foot, ankle, knee or lower back pain?**  
**Have you noticed your feet rolling inwards when walking or running?**  
**Do you suffer from plantar fasciitis, bunions, shin splints or tight muscles?**

A common problem is when feet roll in too much.

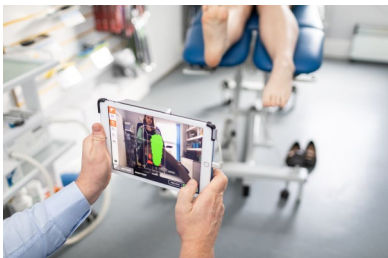
This is often referred to as overpronation and can lead to wear and tear to the muscles and joints of the body. This may present as knee pain, pelvis misalignment, lower back pain and even headaches.

Our prescription orthotics - tailored and bespoke could be the answer you have been searching for.

- Orthotics are specialist insoles that fit into your footwear and provide an effective way to treat painful conditions of the foot, lower limb, and lower back. They prevent further injury through optimising the way your muscles, bones and joints work together (see website for further details).

How do our orthotics take you from pain and discomfort to being happy and confident in your activity and everyday lifestyle?

- They help improve your foot function and provide stable foundations for your body's musculoskeletal system.
- Orthotics help you to walk and run more efficiently.



# At Podiatry and Chiropody Clinic we use only the most trusted prescription orthotic manufacturers

We specialise in prescribing orthotics based on:

Activity

Sport

Condition

Injury

Children

Footwear style

Stability, support  
and control

Function

Our prescription orthotics can help you reach for the stars.

We also offer a specialist range of off the shelf orthotic insoles.

When prescribing an orthotic, there is a lot to consider, therefore we do not recommend shopping online.

**Call our clinical receptionists or come into one of our Foot & Ankle Clinics to find out more. It could be a great first step to foot happiness and freedom!**