

the Society's website  
<http://www.feetforlife.org/cgi-site/chiropracist.cgi> or look at the front of the chiropracists and podiatrists section in Yellow Pages for The Society of Chiropracists and Podiatrists listing.

### How do I become a podiatrist?

Working as a podiatrist can be exciting and rewarding because it involves working in a variety of environments with a number of other health care professionals and many different groups of patients who have a wide range of foot problems. For further information please see the careers section on the Society's website: [www.feetforlife.org](http://www.feetforlife.org)

### Further foot health information

The Society of Chiropracists and Podiatrists provides a number of foot health information leaflets for you to either download in PDF form from the Society's website, [www.feetforlife.org](http://www.feetforlife.org), or to send for in hard copy from the address at the bottom of the page. Current leaflets include Blisters, Children's Feet, Heel Pain, Footcare for People with Diabetes, Sporty Feet, and Working feet.

### Useful Contacts

[www.feetforlife.org](http://www.feetforlife.org)  
[www.diabetes.org.uk](http://www.diabetes.org.uk)  
[www.hpc-uk.org](http://www.hpc-uk.org)

With the compliments of:

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# The Society of Chiropracists and Podiatrists A Guide to Podiatry



The Society of  
Chiropracists and  
Podiatrists

[www.feetforlife.org](http://www.feetforlife.org)

## What is Podiatry?

Podiatry (also known as chiropody) is the diagnosis and treatment by podiatrists (chiropodists) of diseases and other disorders of the feet. Podiatrists are highly skilled health professionals who have been trained to prevent, diagnose, treat and rehabilitate abnormal conditions of the feet and lower limbs. They also prevent and correct deformity, keep people mobile and active, relieve pain and treat infections.



A podiatrist can treat or advise you on:

- Acupuncture
- Ageing feet
- Athlete's Foot
- Biomechanics
- Blisters
- Bunions
- Callus
- Chilblains
- Corns
- Diabetes (foot related)
- Footwear
- Fungal infections
- Gout
- Heel pain
- Homoeopathy
- Insoles (orthotics)
- Ingrown toenails
- Laser therapy
- Osteoarthritis
- Podopaediatrics (children's feet)
- Rheumatoid arthritis
- Sports medicine
- Surgery
- Sweaty feet
- Toe deformities
- Toenail cutting
- Verrucae
- Walking and hiking
- Working feet

**Please Note.** Some of these areas are treated by specialist podiatrists only.

*"Podiatrists are valued by nurses for the expertise that they bring to patient care. Keeping patients mobile so they can retain their independence is vitally important, and adds to their quality of life dramatically."*

Royal College of Nursing

### When do I need to see a podiatrist?

If your feet hurt, something is wrong. In this case we recommend that you visit a podiatrist, who will advise you on the best course of treatment. You can also prevent foot problems before they occur by visiting a local podiatrist for advice on how to keep your feet healthy and in top condition. (See "How to contact a podiatrist" section below). We recommend that you have a regular foot health check with your Podiatrist.

### Why do I need to see a podiatrist?

Podiatrists are highly trained professionals registered by the Health Professionals Council (HPC) that have trained solely in the area of the foot and lower limb for several years. In order to become an HPC registered practitioner a podiatrist will have undertaken and passed a full time degree in

podiatry at one of thirteen schools of podiatry within the UK or will have met stringent entrance criteria set by the HPC.

### Health Professionals Council (HPC)

The HPC is an UK-wide regulatory body, which regulates 13 health professions. Since July 2005, only those chiropodists and podiatrists who have satisfied the criteria for registration with the HPC can call themselves a chiropodist and podiatrist. To use these titles when not on the register is an offence. All members of the Society that are practising chiropodists and podiatrists are members of the HPC.

### How do I contact a podiatrist?

To find a local HPC registered podiatrist, you can either approach your GP practice for information on an NHS referral or if you decide to seek a private podiatrist you could use the following link on