

# 10 STEPS TOWARDS HEALTHY FEET



ROSEWOOD  
HEALTH & WELLBEING

**1 MAKE SURE THAT YOU ATTEND YOUR ANNUAL FOOT REVIEW** (For 12 years old +) where your bare feet will be examined by an appropriately trained person.

**2 KNOW YOUR RISK**  
At the end of your annual foot review, you should be told your risk of developing foot problems and if you will be referred.

**3 ARE YOUR FEET AT INCREASED OR HIGH RISK?** If so, make sure you have been referred to a specialist for expert advice.

**4 CHECK YOUR FEET EVERY DAY** for any signs of redness, pain, damage to the skin, swelling or build up of hard skin. **Look for any changes in the shape of your feet.**

**5 BE AWARE OF ANY LOSS OF SENSATION IN YOUR FEET**  
Don't go barefoot and avoid extremes of temperature if you think you have lost feeling in any part of your feet.

**6 TOUCH THE TOES TEST**  
Ask a family member or friend to assess the feeling in your toes by doing a quick, easy test at home.

**7 LOOK AFTER YOUR TOENAILS** Don't cut down the sides of your nail as this could lead to ingrowing toenails. If you have any difficulty with your foot-care, ask to be put in touch with your local podiatrist (chiroprapist).  
*Note: you may have to pay for nail cutting service.*

**8 AVOID USING CORN REMOVING PLASTERS OR BLADES** of any kind as these may damage your skin.

**9 ALWAYS WEAR WELL-FITTING SHOES** that protect and support your feet and whenever possible don't wear shoes with bare feet.

**10 MAINTAIN GOOD GLUCOSE CONTROL**  
Good glucose control can prevent foot problems in the future by keeping the nerves and blood vessels that serve the feet healthy.

**Take the first step towards healthy feet for life by Putting Your Feet First.**

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**HCPC REGISTERED  
PRACTICE**

**SAME DAY  
APPOINTMENTS  
AVAILABLE**

**GROUND FLOOR  
TREATMENT ROOMS**

**DISABLED ACCESS  
AVAILABLE**

**HOME VISIT  
SERVICE AVAILABLE**

**PUTTING  
FEET  
FIRST**

# HEALTH BENEFITS OF HOLISTIC THERAPY

Holistic Therapy is a non-invasive form of treatment, which aims to treat the underlying cause of your symptoms naturally in order to improve your overall general state of health and wellbeing.

Holistic therapy can improve the functioning of all body systems and organs including:

## PHYSICAL:

- Pain relief
- Relieves muscular tension (including the face and scalp)
- Releases tight nodules 'knots'
- Relieves muscular fatigue & spasms
- Eases joint stiffness and inflammation
- Improves muscle function and joint mobility
- Increases cellular activity to assist tissue recovery
- Enables deep relaxation
- Improves sleep pattern
- Regulates hormone levels
- Encourages detoxification of lactic acid and waste from the body
- Improves the supply of oxygen and nutrients to the skin, muscles, bones and joints
- Boosts energy levels
- Improves digestion
- Strengthens the immune system
- Improves skin tone and texture
- Improves skin conditions



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## PSYCHOLOGICAL:

- Alleviates mental fatigue
- Increases mental clarity
- Improves concentration
- Increases feelings of wellbeing

## EMOTIONAL:

- Eases anxiety & stress
- Balances emotions
- Increases confidence
- Improves connection to the 'self'

All benefits of Holistic Therapy are increased with a cumulative course of treatments.