

Chiropodist at the Tarka Clinic

Anthony Knibbs MSSCh, Dip.Pod.Med., MBChA was born in Perth, Scotland, but being in an army family lived in various countries. He was educated in Farnborough and went on to be a medic in the army. Anthony married in 1973 and has three children.

After working in a local laboratory for a few years, Anthony trained as a chiropodist, qualifying in 1999. He is also qualified in biomechanics, cryosurgery, and sports injuries.

As well as practising conventional chiropody, Anthony uses his qualifications to prescribe orthotics, special footwear inserts which are individually designed and manufactured to help correct foot dysfunction and bring the foot back to the neutral position. This can relieve heel, shin and knee pain, but it is less well known that it can also have a beneficial effect on hip, back and neck pain.

There are times when it is necessary to refer patients to other practitioners within the Tarka Clinic, and there is full discussion with all the other therapists regarding the best approach to the individual patient.

What to expect

Your chiropodist has been trained specifically and extensively in the diagnosis and treatment of all manner of foot conditions.

At your first visit, your chiropodist will take a history and examine your feet to determine if there are any particular conditions which may affect the treatment, and whether a referral to a doctor or other therapist is indicated. If necessary, a biomechanical assessment of the feet may be performed.

Tarka Clinics Ltd

Tarka Clinics Ltd is probably the largest osteopathic practice in North Devon, and has been in existence in some form for the past 26 years. It has five osteopaths, one of whom is an experienced medical practitioner, and several other allied healthcare modalities, including homoeopathy, sports therapy, acupuncture, nutrition, aromatherapy, massage, chiropody and a fully equipped rehabilitation Pilates studio.

The practice specialises in musculoskeletal problems, and the practitioners liaise extensively both with each other and with local general medical practitioners and specialists.

For further details, telephone our clinic on 01271-373346, or visit our website at www.tarkaclinic.com

CHIROPODY AT THE TARKA CLINIC

MBChA,

Practitioner:

**Anthony Knibbs MSSCh,
Dip.Pod.Med.,**

(HPC Registered)

Tarka Clinics Ltd.

Incorporated in England (No: 4742171).

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What is Chiropody?

Chiropody is a profession supplementary to medicine and is dedicated to the health and use of the feet in all its aspects. It is unique within the recognised supplementary professions in that chiropodists do not require either General Practitioner nor Consultant referral in order to carry out treatment. For this reason, an emphasis is placed on general medical diagnostics in training, to enable recognition of potential underlying medical conditions in patients requiring treatment.

The Human Foot

The human foot is a biological masterpiece. Its strong, flexible, and functional design enables it to do its job well and without complaint—if you take care of it and don't take it for granted.

The foot can be compared to a finely tuned race car, or a space shuttle, vehicles whose function dictates their design and structure. And like them, the human foot is complex, containing within its relatively small size 26 bones (the two feet contain a quarter of all the bones in the body), 33 joints, and a network of more than 100 tendons, muscles, and ligaments, to say nothing of blood vessels and nerves.

The components of your feet work together, sharing the tremendous pressures of daily living. An average day of walking, for example, brings a force equal to several hundred tons to bear on the feet. This helps explain why your feet are more subject to injury than any other part of your body.

What do Chiropodists Treat?

Foot ailments are among the most common of our health problems. Although some can be traced to heredity, many stem from the cumulative impact of a lifetime of abuse and neglect. Studies show that 75 percent of people experience foot problems of a greater or lesser degree of seriousness at some time in their lives; nowhere near that many seek treatment, apparently because they mistakenly believe that discomfort and pain are normal and expectable.

There are a number of systemic diseases that are sometimes first detected in the feet, such as diabetes, circulatory disorders, anaemia and kidney problems. Arthritis, including gout, often attacks foot joints first.

The general chiropody conditions treated are:

Corns

Calluses

Ingrown toenails

Nail problems

Verrucae

Fungal infections

The careful trimming of nails to prevent future problems developing

As people are living longer, it is essential to keep the feet healthy, and regular treatments with a qualified practitioner can make an enormous difference.

Top Ten Foot Health Tips

Don't ignore foot pain—it's not normal. If the pain persists, see a chiropodist

Inspect your feet regularly. Pay attention to changes in colour and temperature of your feet. Look for thick or discoloured nails (a sign of developing fungus), and check for cracks or cuts in the skin. Peeling or scaling on the soles of feet could indicate athlete's foot. Any growth on the foot is not considered normal.

Wash your feet regularly, especially between the toes, and be sure to dry them completely.

Trim toenails straight across, but not too short. Be careful not to cut nails in corners or on the sides; it can lead to ingrown toenails. Persons with diabetes, poor circulation, or heart problems should not treat their own feet because they are more prone to infection.

Make sure that your shoes fit properly. Purchase new shoes later in the day when feet tend to be at their largest and replace worn out shoes as soon as possible.

Select and wear the right shoe for the activity that you are engaged in (i.e., running shoes for running).

Alternate shoes—don't wear the same pair of shoes every day.

Avoid walking barefooted—your feet will be more prone to injury and infection. At the beach or when wearing sandals, always use sunblock on your feet just as on the rest of your body.

Be cautious when using home remedies for foot ailments; self-treatment can often turn a minor problem into a major one.

If you are a person with diabetes, it is vital that you see a chiropodist at least once a year for a check-up.