

## PADDOCKS HEALTHCARE CLINIC

### The Team



Paddocks Healthcare Clinic incorporates Henfield Podiatry and Henfield Chiropractic Clinic. We also provide a range of comfort shoes from Footwear Solutions

Our Podiatrists are **Charles Tovey** and **Mahmood Sharifi**. Charles and Mahmood have extensive experience in Chiropody and Podiatry practice in both the NHS and private healthcare.

Mahmood specialises in patients with diabetes, while Charles undertakes most of our minor surgical treatments.

Both practitioners perform routine chiropody treatments including nail cutting and hard skin removal. They also assess and treat foot and leg pain problems, prescribing custom orthotics, shoes and shoe modifications and physical therapies best suited to your problem.

## Paddocks Healthcare **CLINIC**

Paddocks Healthcare Clinic  
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HENFIELD  
West Sussex BN5 9HS

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## PADDOCKS HEALTHCARE CLINIC

# Henfield **PODIATRY**

## HOW CAN A PODIATRIST HELP ME?



[www.paddockshealthcare.co.uk](http://www.paddockshealthcare.co.uk)

**How can a podiatrist help me?**

Our podiatrists can treat conditions such as verrucae, fungal nails and athlete's foot as well as cutting of toenails and removal of hard skin.

We offer general chiropody treatments for corns, callus and verrucae aiming to provide long-term relief from these painful problems.

We can treat in-growing toenails conservatively with painless cutting and packing or solve the problem permanently with simple painless surgeries that reshape or remove the nails altogether.

We have extensive dermatology knowledge so we can treat most foot related skin conditions. Get rid of athlete's foot and fungal infections of skin and nail permanently with treatments for skin, shoes and socks, and advice on avoiding re-infection.

We also provide successful treatments for Eczema and Psoriasis of the foot, and chronic heel cracking.



**Don't suffer with foot pain....**

Our podiatrists can offer treatment for all manner of painful foot conditions including sports injuries, arthritis, Morton's neuroma and bunion joint pain.

Heel pain, plantar fasciitis or policeman's heel can be treated quickly, without resorting to steroid injections.

Physical therapies, custom and stock insoles and orthotics, and orthopaedic footwear or modifications to existing shoes are all techniques we can use to help reduce the your foot pain.

Whatever your foot problem, our podiatry team at Paddocks Healthcare Clinic can offer professional assessment, diagnosis and treatment.

In severe cases, we do refer patients to trusted foot and ankle orthopaedic surgeons, or podiatric surgeons.



We also provide a range of comfort shoes from Padders, Fidelio, Asics, CrocsRx & Fitflop.



We also undertake stretching of shoes to alleviate problems, in addition to shoe raises, supportive flares and rocker sole modifications where required.



**Henfield  
PODIATRY**

**Indicative Prices**

Initial chiropody appointment £32

Foot pain assessment (1 hour) £55

Follow up appointments £29

Nail surgery full package including all dressings and all follow-up appointments. From £245

Temporary orthotics from £25

Custom made orthotics from £130 to £190 per pair

Chiropractic treatments from £31