

How Podiatry has helped me

“ I have muscle stiffness and find it difficult to bend down to care for my feet so I find it really helpful to see the Centre's podiatrist on a regular basis. I had an ingrowing toenail that was causing me a great deal of discomfort, what I hadn't realised was that it was a trigger for my spasticity; once the toenail was treated I found the spasticity in my legs improved.

Carol, KMSTC Member



About us

The Kent Multiple Sclerosis Therapy Centre is an independent local charity.

We provide a wide range of information, support and therapies aimed at improving symptom management and quality of life for people with MS and their carers throughout South and East Kent and the surrounding areas.

Our core therapies include: Physiotherapy, Gym and Group Exercise, Hydrotherapy, Hyperbaric Oxygen Therapy, Counselling and Nutritional Advice.

Within our brand-new purpose-built centre we also offer a much wider range of complementary therapies such as Yoga, Reflexology, Indian Head Massage, Body Massage, Hot Stones Massage, Hand Massage, Acupuncture, Hypnotherapy and Facial Reflexology.

Kent MS Therapy Centre

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Podiatry

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What is Podiatry?

Podiatry is the diagnosis and treatment of diseases and disorders of the feet, including fungal infections, nails, corns and calluses, blisters and hard skin.

These can be associated with medical disorders such as Rheumatoid Arthritis and Diabetes which can contribute to foot problems.

Podiatrists and Chiropodists are highly skilled health professionals 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. If you have problems with your feet we recommend visiting our Podiatrist, who will advise you on the best course of treatment. You can also prevent foot problems before they occur by visiting a Podiatrist for advice on how to keep your feet healthy and in top condition.

About the treatment

A Podiatrist can treat or advise you on problems such as Athletes foot, blisters, bunions, fungal infections, osteoarthritis, amongst others. Please note, some of these areas are treated by specialist Podiatrists only.

Tom Austen, KMSTC's Podiatrist, is registered with the Health Care Professions Council (HCPC), a UK-wide regulatory body, which regulates 13 health professions. Only those Podiatrists and Chiropodists who have satisfied the criteria for registration with the HCPC can call themselves a Chiropodist or Podiatrist.



Podiatry and MS

Good foot health is extremely important for us all, and a good chiropody treatment can make all the difference to the look and feel of your feet.

Some people with MS may find it difficult to care for their own feet for various reasons, such as difficulty bending forwards due to muscle stiffness or balance problems. Some people may have sensory problems in their hands which makes it difficult to hold or apply the correct pressure on nail scissors.

Therefore, regularly visiting a Chiropodist or Podiatrist can ensure your feet are kept healthy, which can have the benefit of making walking feel more comfortable.

Our Podiatrist can offer a wide range of treatments including:

- Routine foot care treatment including cutting and filing
- Cutting and treating fungal nails
- Hard skin and callus reduction
- Dry feet and cracked heels
- Ingrowing toenails
- Veruccae treatments
- Reduction of thickened toenails

