



Podiatry Services

If you have diabetes taking care of your feet is particularly important to avoid the danger of gangrene developing and amputation being required.

If you need to correct the way you walk, the right insoles can relieve related aches and pains in other areas of your body.

Private Health Care

The costs for your foot health care treatment may be met by your Private Health Insurance provider.

For details contact the practice or your own insurance provider.



and many more...



Opening Times

OSTEOPATHY

Monday 9.00am-6.30pm
Tuesday 9.00am-7.00pm
Wednesday 9.00am-7.00pm
Thursday 9.00am-7.00pm
Friday 9.00am-9.00pm
Saturday 9.00am-1.00pm

ACUPUNCTURE

Monday 2.00pm-6.30pm
Wednesday 12.00pm-8.00pm

PHYSIOTHERAPY

Wednesday 9.00am-1.00pm
Saturday 2.00pm-6.30pm

SPORTS/REMEDIAL MASSAGE

Monday 2.00pm-6.30pm
Tuesday 2.30pm-6.00pm
Friday 10.00am-9.00pm
Saturday 8.30am-6.30pm

PODIATRY SERVICES

Monday 10.00am-2.00pm

HOMEOPATHY

Tuesday 9.00am-1.00pm

Debit and Credit Cards accepted



The Cedars Practice
Osteopathic & Complementary Therapies



- Osteopathy
- Remedial Massage
- Acupuncture
- Podiatry Services
- Physiotherapy
- Homeopathy
- Sports Massage
- Reflexology

For further information or
to book an appointment

Tel: 01883 344301

Email: osteopath@back2health.biz

48 High Street, Caterham, Surrey CR3 5UB

www.back2health.biz





Professional treatment for your feet

Feet can often be forgotten when it comes to caring for your body, but it's important to keep them healthy too. When your feet are in pain it can affect the way you walk, and therefore your joints and back.

Some conditions of the feet are inherited or caused by illness and ageing. However, many avoidable problems are caused by simple care issues such as wearing properly fitting footwear and keeping your toenails clipped properly.

Footcare specialists are skilled practitioners who can diagnose and treat, foot, lower limb conditions and infections, with an emphasis on prevention and rehabilitation.

Footcare specialists diagnose and treat a variety of foot problems that can affect any age from the very young to the elderly.



Your first consultation

Your treatment is provided by a fully qualified footcare specialist.

This will consist of a full medical history and examination of your feet which will help the footcare specialist assess your foot health and determine the most effective course of treatment.

Footcare specialists treat patients as a whole and therefore you may be asked questions regarding general health and social activities.

Please make sure you bring with you the following details:

- Name, address and telephone number of your GP.
- Names of prescribed and non-prescribed medication that you take regularly.
- Details of any allergies you have.

Foot health care is successful in the treatment of many common foot conditions.

Commonly treated conditions include:

- Foot health check.
- Corn and hard skin removal.
- Nail cutting & treatment of abnormal nails.
- Verrucae treatment & advice.
- Fungal infections of the feet and nail-treatment advice.

You might benefit from seeing a foot health care specialist if you suffer from:

- Osteoarthritis or rheumatoid arthritis.
- Corns, bunions, callus or chilblains.
- Toe deformities and the need for prevention from getting worse.
- Illnesses such as diabetes or gout.
- Common problems such as ingrown toenails and sweaty feet.

If you're over 60, foot care is especially important as joints are less supple and feel the cold.

Perhaps you're pregnant or a new mum and your feet have been suffering due to all the extra weight.



continued overleaf...