

Castle Clinic

Complementary Healthcare

Podiatry

What is Podiatry?

Podiatry is the assessment, diagnosis and treatment of conditions of the lower limb. A podiatrist can give professional advice on prevention of foot problems and proper care of the feet and make appropriate referrals to other health care professionals.

Podiatrists are qualified to treat people with arthritis, diabetes, sports injuries and to perform nail surgery. They treat people of all ages. With elderly people their aim is to keep them mobile so that they can remain independent and with younger people to prevent problems or to treat injuries.

Treatments range from general foot care, including reduction of callus and corns and nail care, to biomechanical assessments, which may identify any gait or MSK disorders that can be treated with orthotic therapy.

What can the Podiatrist treat?

- **Corns and Callus**
- **Verruca**
- **Nail Disorders**
- **General foot maintenance**
- **Foot pain, heel pain**
- **Sports injuries (lower limb)**
- **Nail Surgery for ingrown toe nail**



Who is the Therapist?

Sarah Chisem BSc(Hons) MChS Podiatrist

Sarah Chisem has worked as a foot health professional for 6 years. In July she graduated from the University of Huddersfield with a BSc(Hons) in Podiatry. She is a member of the Society of Chiropodists and Podiatrists and is registered with the Health Professionals Council (HPC) which regulates all Allied Health Professionals. Sarah has a licence to use Local Anaesthetic for Nail Surgery.

During her time at Huddersfield University Sarah gained experience, through placements, within specialised clinics such as Diabetes and Rheumatology. She also spent time at Harrogate Hospital Trust working alongside Specialist Podiatrists. Sarah's area of interest lies within Sports injuries fuelled by her passion for running.

Sarah also works at a clinic in Thirsk and offers home visits within the Harrogate & Knaresborough area.

Please feel free to contact Sarah if you require any information on the treatments that she offers.

What is Castle Clinic?

Castle Clinic is a multi disciplinary practice where patients are assured of professional natural treatment suited to their needs. This may involve an individual therapy or a combination of treatments to maximize a return to good health.

The Clinic is a natural progression for an existing group of experienced therapists to join forces in providing a centre of excellence. We aim to provide a relaxed yet professional environment where patients can feel cared for and safe. With five ground floor well equipped treatment rooms, patients are guaranteed easy access and comfortable spacious surroundings. Each practitioner is professionally qualified and fully insured thereby ensuring a high level of client care.

Where is Castle Clinic Located?

Castle Clinic is to be found in Knaresborough, North Yorkshire. Situated behind the Police Station next to a public car park.

Opening Times: Monday-Friday 8.30.am-7.30pm.

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