

Chris is one of 6 podiatrists at The Foot and Gait Clinic. He qualified in 1996 and provides routine foot care but has a specialist interest in verruca and fungal nail problems, two of the most difficult conditions to treat.

He can also help those who lack cushioning in the soles of their feet and painful corns in and around toes.

**The Foot and Gait Clinic**  
**31 Bridge Street, Taunton.**  
**01823 256440**



## THE FOOT & GAIT CLINIC

### **Who is a podiatrist?**

A podiatrist (the modern term for chiropodist) diagnoses and treats conditions relating to the foot and lower limb. The titles podiatrist and chiropodist are protected by the Health and Care Professions Council (HCPC) who ensure the practitioners have the necessary credentials to practice.

To become a podiatrist in the UK a practitioner must complete a three year full time course that leads to a Bachelor of Science (honours).

Once qualified podiatrists often develop and specialise. The Foot and Gait Clinic have 6 podiatrists that specialise in biomechanics, nail surgery, verrucas, fungal nails and injection therapy including the use of Hyaluronic acid used as a dermal filler to cushion painful corns and soles of the feet.

## FOOT DERMAL FILLERS



Dermal fillers can be used for the medical purpose of insulating or offloading pressure points on the foot and toes.





Hyaluronic acid (HA) is found within our body from our skin to our eyes and joints. HA has many functions one of which “fills and cushions” an area. It’s “water loving” (hydrophillic) which helps create the cushioning which protects areas of high pressure in the soles of the feet.

If you have lost the fatty padding in the balls of your feet or you have painful corns which return quickly after removal you may well benefit from dermal filler.

## CUSHIONING FOR FEET

As we get older we can lose our natural fibro-fatty pad (which cushions the balls of our feet) leading to pain. Bony prominences and deformed toes can also lead to painful corns. The fashion world develops different styles of shoes, many of which have a high heel. With the desire to wear higher heels, the balls of the feet take more load causing an aching or burning sensation.

### DERMAL FILLER

Dermal fillers are injections which are introduced into the balls of the feet to provide relief from pain and reduce discomfort underneath the foot. When the foot is in a standing position the metatarsal heads in the ball of the foot are protected by a structure known as the fibro-fatty pad. As a person ages this pad thins causing increased pressure on standing and walking. This discomfort increases with high heeled shoes.

### HOW DO DERMAL FILLERS WORK?

They can work in two ways;

**Cushioning** - dermal fillers provide additional cushioning to the balls of the feet.

**Treatment of corns** - injecting dermal filler underneath a corn provides extra cushioning, reducing the pressure that causes pain.

### WHAT ARE THE BENEFITS OF DERMAL FILLER?

- Alternative to surgery and the use of pain killer medication.
- Results can be long lasting.
- Provides relief of painful symptoms and discomfort.
- Increases mobility and feeling of well-being.



*Pain in area where fibro-fatty pad thins.*



*Dermal filler injection to cushion painful area.*



*Pain can be burning and/or aching in nature.*



*Corns in-between toes as well as on can be treated.*



*High heels put extra pressure on ball of foot.*



*Dermal fillers can help cushion the balls of the feet.*