

MARTIN FREEDMAN

FOOT HEALTH SERVICE



Includes:

Nail care – trimming, shaping, and treating ingrown toenails.

Treatment of corns and calluses – removal and prevention advice.

Fungal nail infection care – including nail thinning and antifungal treatments.

Athlete's foot treatment – identifying and treating fungal skin infections.

Heel pain treatment – including plantar fasciitis management.

Footwear and orthotic advice – prescribing custom insoles to correct gait or relieve pain.

Skin conditions treatment – eczema, psoriasis, or dry/cracked heels.

Appointments are held at the Ruth Winston Community Centre on a Wednesday every 3 weeks. Members should phone 020 8886 5346 to book.