



Footwise

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Coming issues:

- Treatment Guides
- Special Offers
- Top tips for health feet

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Welcome to Footwise

Welcome to our first Newsletter.

We are delighted to bring you our first practice newsletter which we hope you will enjoy reading. We hope this will be a good way of keeping you informed of developments in the clinic and seeking your feedback on different issues. We would be very pleased to receive any suggestions you have on what you would like to see included in future editions. In this issue we have lots of news and useful articles.

Foot Facts

- Each foot contains 26 bones and over 100 ligaments
- Your feet contain over a quarter of the bones in your body
- The skin on your feet has over 7000 nerve endings
- There are over 125,000 sweat glands on each foot, more than anywhere else in the body
- Your feet produce an eggcup's worth of sweat every day.



New at "A Foot Above" for 2009

Biomechanics and Gait Analysis

This type of analysis is proven to assist in the successful diagnosis and treatment of many types of heel, arch, Achilles, ball of foot, knee, ankle and hip pain in addition to sporting injuries.

The client has their movement analysed, alongside joint and tendon examination to reveal the causative factors of their particular problem.

Call "A Foot Above" for more information.

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New Staff Member

Samantha Gibson joins us from Nottingham Trent University where she is an undergraduate studying Sports Science. Sam brings a confident approach to administration and clinical team, having previous experience and a successful track record of customer facing work.

Sam bolsters our current skill base, relishing the prospect of the types of clinical work we encounter. Adding the keenness of a young undergrad to the experience of a professional development team is a rewarding exercise for all concerned.

Throughout her time with “A Foot Above” Sam will work in all areas of the business, providing her with a sound footing into the successful treatments that “A Foot Above” group offer and the benefits of a good team system.

Welcome aboard Sam.

Gift Vouchers

For a special treat or any occasion. We can think of no better gift than to invest in your health or to spoil that special person. Just call in to arrange or phone on 0155 9223377

Special Offer

Refer a Friend

Simply refer a friend or relative to “A Foot Above” and they and you will receive a 10% discount off the cost of your Chiropody Appointment.

Remember your appointment

Like most practices, we would like to be able to increase the number of appointments we provide each week. You can help us to do this by informing us as soon as possible if you need to change or cancel your appointment.

Happy Feet from the team at “A Foot Above”