



# Zest Podiatry & Physio

## Welcome

Welcome to Zest Podiatry, part of Zest Allied Health Professionals Limited.

We love what we do and we hope that shines through in the treatment and care we offer you.

We have a great history having formed from 2 previous podiatry businesses, Oxford Foot Clinic and TopToes Podiatry. With this expansion we have a fantastic new clinic, new specialist staff and are able to offer an exciting range of new treatments.

All our staff are members & insured by College of Podiatry, are registered with the HCPC (Health & Care Professions Council) which gives reassurance about our training, our competencies and ensuring a professional, medical treatment. In addition, we have podiatrist who specialise in MSK (musculoskeletal) conditions, small surgeries and dermatological conditions.

## Where are we

We are at 272 Abingdon Road, Oxford OX1 4TA with spaces for car parking on our forecourt, racks for bicycles or if you are coming by bus, many routes pass our door (16, 16A, 34 gold, 35, 300 ,NS8).

## Opening Hours

Monday - Thursday: 9am to 5pm

Friday: 9am to 1pm

Saturday: 9am to 1pm (once a month)

For those who cannot see us in clinic, we can arrange a home visit by request.

We do offer emergency appointments, by request.

## Contact us

Reception: 01865 236050

Email: [reception@zestpodiatry.co.uk](mailto:reception@zestpodiatry.co.uk)

Online: [www.zestpodiatry.co.uk](http://www.zestpodiatry.co.uk)



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# Podiatry Treatments – what we offer

**A**t Zest Podiatry we offer a range of high quality treatments, delivered by podiatrists who are foot and ankle experts.

All of our clinical treatments are evidence based, and all of our podiatrists have been trained to deliver them to the highest standard. We are all committed to continuous educational improvement and take a keen interest in new innovations or ways to improve our service.

With our patients, we always start with an assessment and diagnosis so that we can get to the root cause of the problem informing our treatment plan. Each plan is tailored to each individual patient and agreed as such. The more information we can glean from our patients, the better the treatment.

Treatments can include advice/education, short & long term treatments and follow ups too. Should a patient need referring to a doctor or other healthcare professional we will do this as part of our treatment plan

## Initial & return Appointments

At the initial appointment we take some medical history, details of any other treatments tried or investigations to form a diagnosis and agree a plan. Treatments that can be started during this initial consultation will be done, with consent.



## Types of treatment: General Podiatry

### Nailcare

- nail cutting/nail reduction\*
- nail shaping/advice
- in-growing toe nail treatment (short term)
- in-growing toe Nail surgery (long term)

### Skincare

- corn/callus removal
- cracked heel treatment
- foreign body removal
- ulcer/wound management

### Verruca & wart treatment

- Cryotherapy
- Verruca surgery (Faulknors Needling)
- Microwave 'Swift' treatment

### Fungal nail/skin

- nail sample testing & skin treatments
- nail treatments: 'Clearanail' & topical

### Diabetic treatments

- Vascular and neurological checks

*\* Finger nails can also be cut, by request*

## Musculoskeletal treatments

### Musculoskeletal assessments

- Ultrasound sonography
- Gait analysis
- Strength/soft tissue &
- Joint range of movement assessment
- Run3D analysis
- Injection therapy (ultrasound guided)
- Shockwave therapy
- Orthotic provision



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Got a query or question?

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email [reception@zestpodiatry.co.uk](mailto:reception@zestpodiatry.co.uk)



# Appointments – what to expect

## How to book

All appointments must be booked in advance either through our reception team or online at [www.zestpodiatry.co.uk](http://www.zestpodiatry.co.uk).

For initial appointments over the phone we take a 50% deposit or online 100% payment. If you need to change or cancel the appointment we ask that you give us 24 hours notice, as to not lose the payment made. You will receive a welcome email which will detail your appointment date, time and links to important information such as covid.

For return bookings, we can make the future appointment in clinic if desired, or online as above.

## Pre appointment

We will require information about your medical history, clinical conditions and any current medications, this can be forwarded in advance online (an email shall be sent) or can be brought with you to the appointment.

As per our strict adherence to the Covid 19 guidelines we have to ask everyone to complete a declaration 24 hours before they come in. This will be sent along with your appointment reminder email, or can be actioned over the telephone with reception.

Appointment reminders are sent via email (or text) 48 hours before your appointment.

## Appointment

Please arrive at the clinic in time for your appointment and advise us of any delays.

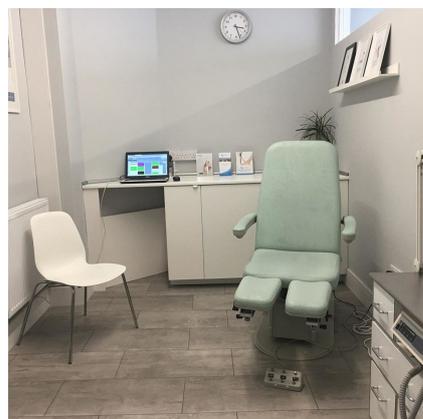
We are adhering to the strict rules, guidance and recommendations from the college of podiatry and Health England in regards to covid 19 and this is detailed fully on the next page, it is important to note the actions.

### **Please read.**

The reception team will be happy to update your records if any of your contact details have changed in particular your telephone number and email address. The podiatrist will be happy to update your clinical records and any changes to your condition or medication.

## We will endeavour to

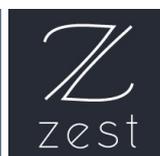
- Not keep you waiting for an appointment but if there is a delay we will advise accordingly.
- Allow you to wait safely inside our reception area, if you arrive early by bus/bike/foot.
- We will sanitise and clean the clinic in accordance with Covid 19 guidelines.
- We will check your temperature using a surface thermometer.
- Please bear with us during these difficult times and our aim is to keep you and our staff safe.



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# Maintaining a safe clinic

## Zest clinic can remain open

Following the Prime Minister's announcement on 31st October about a national lockdown, from the 5th November, our College have confirmed medical appointments are still allowed. Therefore Podiatrists can remain open including home visits.

## Maintaining a safe clinic

We have followed government and the college of podiatry guidelines about social distancing, PPE and clinic hygiene. 48 hours before your appointment you must confirm your current health. This will be on email or by a telephone call (if no email facility) and MUST be completed.

If you have signs of covid-19 you will be asked to self-isolate and contact us in 14 days.

If your temperature is higher than 37.5 or you are awaiting a covid test result, you will be asked to leave the clinic immediately.

## What if I feel unwell on the appointment day?

If you feel unwell on the day, please call us, we can discuss your symptoms and how best to progress with the appointment, **do NOT come in if you feel unwell**, we will be sympathetic to late cancellations during this time. We all need to remain safe.

## What to expect when the clinic re-opens

- Entry to the clinic if you have an appointment only.
- You **MUST** wear a mask or face covering.
- You will be asked to clean your hands with gel.
- Your temperature will be taken and recorded on your notes.
- The NHS covid-19 app is available for you to check in.
- All clinicians will be wearing appropriate PPE.
- If you arrive in the car please stay in the car & your clinician will come and meet you.
- Should you arrive on foot, bike or public transport please use the bell to inform us of your arrival and we will place you in reception, away from others.
- We shall try and limit who you come into contact with.
- Only one person can enter the clinic, unless accompanying a child or a carer.
- All the treatment rooms will have the Dyson pure hot+cold purifying system.
- Toilet facilities will be cleansed after every visit.
- Your clinician will make any future appointments within the clinic, or ask for reception to contact you.
- You can pay before or at the time using the contact less system on the car reader, no cash payments please.



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# Treatments & Prices

## Podiatry Appointments

### General Podiatry

Initial Assessments	£60
Regular	£45

### Specialist Podiatry

Toenail surgery	£395
Additional Nail	£100
Local anaesthetic injection	£50

### Musculoskeletal

Initial Assessment	£140
Ultrasound guided Injection	£250
Insole/orthotic Therapy	£150-350
3D Gait Analysis	£165-295
Extracorporeal shockwave therapy	£250

### Verrucae Podiatry

Verruca Initial assessment	£60
Cryotherapy	£55
Swift Microwave System	£350
Needling surgery	£350

### Fungal Treatments

Diagnostic sample Nail Testing	£50
Clearanail System	£195

## Nail Surgery

This is a small surgical procedure done under local anaesthetic in clinic. We remove part of the nail that is in-growing or causing pain and apply a chemical, Phenol, to stop that edge of the nail to regrow. This gives a permanent solution for sore, in-growing nails.

## MSK (musculoskeletal)

Our MSK treatments are designed to treat conditions of the foot and ankle such as Achilles tendinitis/tendinopathy, mortons neuroma, Plantar Fasciitis.

**Injection therapy:** treatment under ultrasound guidance to inject directly into the inflamed soft tissue or joint.

**Shockwave therapy:** a course of 3 weekly treatments that uses.

**Run3D gait analysis:** 3D cameras capture gait analysis data activity from the hips, legs and ankles. This is a unique system that captures data at this level to identify the key aspect of injury/over use/compensation.

**Custom orthotics:** prescribe, cast and organise manufacture of top quality bespoke orthotics.

## Verruca treatments

Our verruca and wart treatment are aimed at destroying the viral tissue and promoting an immune response by the body itself

**Cryotherapy:** Nitrous Oxide at -97°C degrees C to freeze the viral tissue. Delivered every 7-14 days up to a maximum of 6 treatments.

**SWIFT microwave:** Thermal heat into the viral tissue via microwave technology. A course of 3 treatments delivered every 4 weeks.

**Needling surgery:** Procedure is done under local anaesthetic to create a local wound beneath the viral tissue, stimulate the body to repair and initiate an immune response.

## Fungal nail treatment

Fungal nail treatments start with a diagnostic test to ensure the best outcome. We advise on the best clinically proven techniques to clear the infection from the skin and nail, based on the extent of the nail infection.

**Nail sample diagnostic:** In clinic test, using a sample of the infected nail and underlying dead tissue to detect dermatophytes (the fungi responsible for fungal nail infections). Result in 5 minutes.

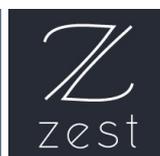
**Clearanail:** Unique treatment that delivers painless micro holes into infected part of the nail so that topical terbinafine medication can be delivered into the nail bed. It requires a daily spray over the nail for 8 weeks before a review.



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# Privacy Notice

In order to deliver healthcare treatment, we will need to collect and process personal data. It is a legal requirement that this data is stored for a number of years (which can vary depending upon the persons age and circumstances but will be for a minimum of 7 years).

You can access all of your personal data that Zest Allied Health Professionals Ltd stores by request. You can write to us or email to request or seek further information.

Address: Zest AHP Ltd,  
272 Abingdon Road, Oxford, OX1 4TA  
Email: [victoria@zestahp.co.uk](mailto:victoria@zestahp.co.uk)

We ask for permission to use your data to send to another healthcare practitioner, this will only be done with your consent.

Any other use of your personal data will only occur with your informed consent.



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