



DIABETIC FOOT CARE

An Information Pack

Great Dunmow Osteopathy & Health

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Contents

- 3** A Note from Joe Hellier, Clinic Director
- 4** Our Approach to Foot Care

Diabetic Foot Care

- 5** Understanding the Condition
- 6** Contributing Factors
- 7** Three Common Presentations
- 8** Our Programme
- 9** Care After Your Appointment
- 10** Your Next Step



A Note from Joe Hellier, Clinic Director

In our experience, diabetic foot care is a problem where people leave it far longer than they need to before seeking proper care. It is common, treatable and yet many people put up with the problem for years, trying home remedies that don't quite solve it.

We have written this pack for the patient who wants to understand what is going on before picking up the phone. It explains what diabetic foot care is, what may be contributing to it, and how our programme treats the problem properly.

There are no costs in these pages and no pressure to book - only the information we believe you need to make a considered decision.

If, after reading, you would like to talk to one of our podiatrists, the details for doing so are at the end.

Joe Hellier

Clinic Director, Great Dunmow Osteopathy & Health



Our Approach to Foot Care

We treat foot conditions the way we treat every area of the clinic: with thorough assessment, evidence-informed care and a clear plan from the outset.

Three principles shape our work in this area:

Proper diagnosis first

We do not begin treatment until we have a clear picture of what is going on. Diabetic Foot Care can sometimes look like other foot problems, and identifying the right cause is the first step. Where appropriate we refer onward - to your GP or another specialist - before, alongside, or instead of treatment with us.

Skilled, evidence-led care

Our diabetic foot care care is delivered by registered podiatrists using the techniques and equipment best suited to the problem. We do not rush appointments and we will tell you honestly if a problem needs a different approach.

Honest, clear advice

You will leave each appointment knowing exactly what we found, what we did, what to do at home and when you need to come back (if at all). Many of the problems we treat resolve in a single visit.



Understanding the Condition

Diabetic neuropathy is nerve damage caused by long-standing high blood sugar. In the feet it can cause numbness, tingling, burning sensations, pins and needles or loss of normal sensation. The most concerning aspect is the loss of protective sensation: you may not feel a cut, blister, hot pavement or pressure spot. Around 1 in 4 people with diabetes develop some degree of neuropathy and the risk increases the longer you've had diabetes.



Contributing Factors

Diabetic Foot Care almost always has more than one cause. Identifying which factors apply to you is part of the work of the initial appointment.



Three Common Presentations

While every case is different, the patients we treat for diabetic foot care most often present with one of three recognisable patterns. Identifying which applies to you is part of the work of the initial appointment.

Annual Diabetic Foot Review

Recommended at least yearly for everyone with diabetes. A thorough assessment of your foot health, circulation, sensation, skin and nail condition, footwear and any active problems.

You leave with a clear picture of your current foot risk, a personalised foot health plan and recommendations for any follow-up.

This is the foundation of long-term foot health for anyone with diabetes.

At-Risk Diabetic Foot Monitoring

For patients with reduced sensation (neuropathy), reduced circulation, foot shape changes, history of foot ulcers or other risk factors.

More frequent monitoring (every 3 to 6 months), proactive management of corns, calluses, dry skin and nail issues that could otherwise lead to complications and ongoing footwear and self-care guidance.

Catching and addressing small issues early prevents serious ones later.

Active Diabetic Foot Issue

Current concerns like a slow-healing wound, a possible ulcer, an infection, sudden swelling or rapid changes in foot appearance.

We assess urgently, treat appropriately and co-ordinate with your GP, diabetes team and hospital foot clinic as needed. Active foot issues in diabetes need a low threshold for specialist input.

If you have an active concern, don't wait. Get in touch the same week.



Our Programme

Our diabetic foot care programme is built around three pillars: regular comprehensive assessment, proactive management of any developing issues, and personalised education so you know exactly what to watch for at home.

Initial consultation

You start with a comprehensive diabetic foot assessment. We test your sensation and circulation, examine your skin and nails, check for any pressure points or early problems and review your footwear. You'll leave knowing your foot risk score and your personalised care plan.

Treatment course

A standard annual review takes around an hour and covers full foot history, sensation testing (monofilament and vibration), circulation assessment (pulses, Doppler if needed), skin and nail examination, footwear review and assessment of any foot deformities.

Review and aftercare

For higher-risk patients we offer more frequent appointments to keep small issues from becoming big ones. We also co-ordinate closely with your GP, diabetes team and hospital foot clinic where appropriate.



Care After Your Appointment

Most of the conditions we see can be largely resolved in one or two appointments. After your treatment we give you everything you need to keep the result and stop the problem coming back.

Immediate aftercare

You will leave with a clear written aftercare plan tailored to your treatment. Most patients walk out comfortably and can carry on with their day as normal. Where a dressing or specific footwear is needed we explain everything and provide what you need to take home.

At-home care

We give simple, practical advice on cleaning, moisturising, trimming and footwear that is realistic to keep up day-to-day. Most relapses come from small daily habits, and a few minutes of the right routine can keep your feet healthy long-term.

When to come back

Some conditions need a follow-up to check progress. Others are sorted in a single appointment and we will tell you so. Many of our patients see us regularly for routine maintenance, especially if they have a condition that tends to recur.



Your Next Step

If you would like to book a podiatry appointment or simply discuss your situation in more detail, you can reach us by phone, email or via the booking page on our website.

All initial enquiries are handled by our clinical team. There is no obligation to book treatment after an assessment, and no judgement if it turns out a different approach is the right fit.

We look forward to hearing from you.

Contact

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