

TESTIMONIAL

FROM CHRISTINA FLETCHER : 22/03/2013

Thank goodness I found Mrs Sushila Patel , Professional Podiatrist

I am a 53 year old woman working full time in London , pounding the streets to and from the office by day Then on my feet again in my modern jive /salsa dance shoes by night!!!

Several weeks ago and very suddenly I found that I had a horrible pain appear in and around the ball of my right foot. It really was agony to walk and I was limping badly, and my world came to a grinding halt !

In desperation I took myself to Basildon A&E as it was suggested that I may have a stress fracture ..

After 2 visits to the hospital and begging for an X-ray I was sent away with NO explanation other than it's not a fracture ! but possibly could be a tendon problem ?

So I googled my problem for myself after reading and eliminating irrelevant symptoms , it became clear that I needed to see a foot expert , someone I could talk to ... as by now I felt very very worried as to what was going on in my foot .

I called my local Podiatrist and spoke to Mrs Sushila Patel , she immediately empathised with me and fitted me in for an appointment and a foot scan that very evening , which I was very impressed with .

My foot scan highlighted the problem , what an incredible machine , it shows how good or bad we use the whole of our feet when walking in my case having proper 'dancers feet' it showed all the pressure was focused on the ball of my foot !! Mrs Patel diagnosed my problem as being connected with my metatarsal joint and an inflamed and trapped nerve !

So she got to work to make me feel a whole lot better and give me hope We put a pair of amazing insoles into my shoes , they are designed to spread the weight properly and take the pressure off painful joints and that they did ☺ it was INSTANT relief ! I walked around the clinic with a smile on my face and without a limp ... We discussed a programme of foot exercises and prognosis of my condition which helped me to deal with it in a positive way .

Mrs Patel also has a very wide range of footwear with amazing comfort insoles to choose from all to help keep our poor and sometimes neglected and sad feet more like ... **HAPPY FEET** as they have to carry us around for years and years ☺