



FOOTSTEPS
Treatment Clinic

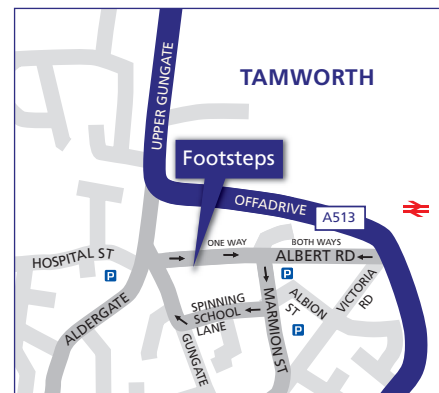
- Benefit from the expertise of our team of highly qualified and experienced staff.
- All Practitioners are professionally registered and insured.
- Our multidisciplinary practice offers effective treatments to clients of all ages.

Surgery Opening Hours*

Monday – Friday 8.30am - 7.00pm
Alternate Saturdays 8.30am - 1.30pm

* Please note opening and closing times may vary according to demand.

Cancellation policy
Should you wish to cancel or change an appointment, we request 24 hours notice or 50 to 100% of the treatment price will be charged.



*Take a step in
the right direction*

*Our aim is to
relieve your pain*

**Podiatry (Chiroprody)
Musculoskeletal & Sports Therapy**

01827 314900

www.footsteps-clinic.co.uk

Email: info@footsteps-clinic.co.uk

Footsteps Treatment Clinic, 58 Albert Road, Tamworth, Staffordshire B79 7JN

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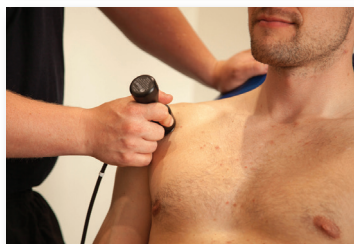
Musculoskeletal & Sports Therapy

Footsteps offer the treatment and rehabilitation of sports & general injuries in addition to Sports Massage. Our experienced practitioners use a hands on approach consisting of manipulation, massage, ultrasound, laser and Shock Wave therapy. Whether you are a full time athlete, take occasional exercise, or no exercise at all, Sports Therapy is one of the most effective ways to treat and to recover from injuries.

Clients additionally can benefit from Sports and Remedial Massage, this is excellent after any exercise as it helps to reduce lactic acid, post exercise stiffness, aid recovery and help prevent injury. All of our Sports Therapists are degree qualified, insured and fully registered.

We can treat:

- Back, Neck, Shoulder Pain and Injuries
- Muscle Pain and Strain
- Ligament and Joint Problems
- Plantar Fasciitis (Heel Pain)
- General Injuries and Pain
- Sports Massage
- Shockwave and Laser Therapy
- Rehab Post-Injury and Surgery



Claim back up to 100% of treatment costs through Healthshield or Westfieldhealth. Please refer to individual scheme benefits for eligibility.

Podiatry (Chiropody)

In the UK, it is thought that 90% of us will suffer from a foot problem at some point in our lives and many put up with foot pain believing it to be normal.

Since mobility is an important part of your overall quality of life, maintaining foot comfort is a must.

A regular 6-12 weekly visit to the Footsteps Clinic is the best way to ensure your feet stay in tip top condition.

We can treat:

- Routine Nail Care
- Dry Skin & Cracked Heels
- Hard Skin & Corns
- Insoles & Orthotics
- Ingrown Toe Nails & Nail Surgery
- Verruca Treatment
- Heel, Arch and Achilles Pain
- Gait Analysis



Claim back 50-100% of treatment costs through your own health care plan or that of your employer such as Healthshield, Simply Health, Hospital Saturday Fund or Westfield Health.