

STARTS MONDAY 6TH NOVEMBER

**Are you suffering with:
Heel pain or plantar fasciitis.
Visit the Heel pain drop in clinic.**



Drop in to the clinic at the time shown below for a 1 hour group session on how to solve your heel pain. You will receive insoles if necessary, stretches and education on how to help you resolve your heel pain.

No appointment necessary just turn up.

1st Floor- Kingsgate House, Wellington Road North,
Stockport
Every Tuesday from 2.45 pm.

Excluding bank holidays

This service is for new patients only

For further enquiries call the podiatry booking line on 0161 204 4657.

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Stockport NHS Adult Musculoskeletal Podiatry

We will be running a brand new drop in clinic for patients with heel pain and plantar fasciitis.

The group session will run every Tuesday at Kingsgate House Podiatry Department at 2.45.

No appointment or booking is required patients just turns up.

In the group session we will be giving education on the symptoms and causes of heel pain along with how to reduce the patients' pain.

- Stretches will be demonstrated.
- Taping and strapping provided.
- Insole provided on the day if necessary.
- Footwear advice.
- Onward referral to ABL or PARIS scheme as required.

Pease find attached leaflet to print off and give to the patient, no further referral will be needed as an individual appointment will be offered to patients that do not significantly improve.