

--PRESS RELEASE--

CELEBRATING 30 YEARS OF FOOTCARE 1991 - 2021

In April 1991 Mary set up her practice at 412a Ewell Road, and invited locals to let her take care of their foot health. Her patient list grew so quickly that she very soon had to bring other fully qualified podiatrists on board, and Mary Rigal and Associates was established. Patients came from far and wide so, in 2010, she opened another clinic in West Ewell.

“Over the last 30 years I’ve seen every type of problem come into my clinic and have loved helping the community stay on its feet,” says Mary. “I’m really delighted that some of our first patients still visit us for regular footcare.”

Surbiton resident, Elaine Swift, has been a client for 20 years. “I have very delicate feet and they always tell me when it’s time for my monthly visit to Mary!” she says. “Mary is incredibly knowledgeable and has given me excellent advice over the years on how to care for my feet.”

Of course, Covid 19 hasn’t banished foot problems and both clinics have remained busy throughout the pandemic, providing an essential service to the community. “Patient and staff safety always comes first, so we responded immediately to the pandemic by putting robust procedures in place, in addition to our usual hygiene measures,” Mary explains. “They are regularly reviewed in line with NHS guidelines and include frequent, thorough cleaning regimes, mask wearing and safety screens, as well as providing hand sanitising gel for our patients.”

So, what about the next 30 years? “We hope to help more people to keep their feet healthy and comfortable,” she says. “Most people don’t think about their feet, until they have a problem. We hide them away for most of the year in socks and shoes, and it’s easy to neglect them. “But caring for our feet is just as important as looking after our teeth and hair. “They work hard for us every day. They carry our weight and we often force them into badly fitting shoes. It’s little wonder we get blisters, hard skin, and ingrowing toenails. On top of that, over- compensating for these problems can lead to postural issues and joint pain, so, don’t leave it until you’re suffering – put your feet first and make an appointment to see us!”

To celebrate her 30th anniversary in Tolworth Mary will be raising money for Diabetes UK throughout the year. If you’d like to donate, you can do so when you visit the clinics or go to Mary’s Just Giving page at <https://www.justgiving.com/fundraising/maryrigal>

For further information, please contact: Mary Rigal & Associates, Chiropody and Podiatry Practice on 020 8390 6456.

Mary studied Podiatry at the London Foot Hospital and qualified in 1988 with a Diploma. In 2005 she received a BSc in Podiatry from St. Margarets University Edinburgh. She has worked within the NHS from 1988- 1991 at Kingston and Esher Health Authority (as it was then). Mary still does sessional work for the NHS and several homeless charities.