



The Hub Glasgow

Specialist podiatry that keeps you moving.



Routine Podiatry Guide

Skin, corns, callus, nails, what happens in an appointment, and how often to return.

0141 363 0306 | hello@therehabhub.co.uk | therehabhub.co.uk

West End | Kinning Park | Dennistoun

Routine Podiatry That Keeps You Moving



Skin, nail, corn and callus care.



Comfort matters in everyday life.



Clear advice from specialist podiatrists.

Routine podiatry is not just 'nail cutting'. It is regular foot care that keeps skin comfortable, reduces pressure, catches problems early and helps you stay active.

Skin	Dry skin, fissures, hard skin, pressure areas, athlete's foot concerns and general skin health.
Corns	Small, concentrated pressure points that can feel like walking on a stone. We reduce the pressure and explain why it keeps returning.
Callus	Thicker hard skin caused by pressure and friction. We remove it safely and talk through footwear, loading and prevention.
Nails	Routine nail care, thickened nails, difficult-to-cut nails, painful edges and monitoring for fungal or ingrown changes.

What Happens During An Appointment?



A calm, practical appointment focused on comfort, skin health and prevention.

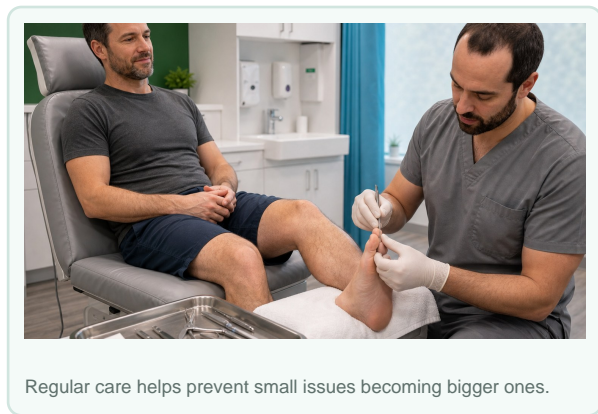
1. We listen	What is sore, what keeps coming back, what footwear you use, and what you need your feet to do.
2. We assess	Skin, nails, circulation and sensation where relevant, pressure points, footwear and any warning signs.
3. We treat	Corn and callus reduction, nail care, skin care, padding or dressing if needed, and practical advice.
4. We explain	Why the problem is happening and what will reduce the chance of it coming back quickly.
5. We plan	A return interval that fits your skin, nails, health, footwear and lifestyle.

If we see something that needs a different pathway, we can link you into MSK podiatry, biomechanics, nail surgery, fungal nail treatment, diabetic foot assessment or diagnostic services.

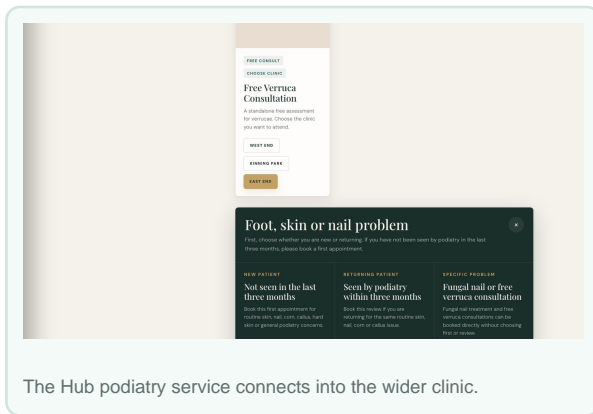
How Often Should You Come Back?

There is no perfect interval for everyone. The right plan depends on how quickly your skin and nails build up, whether pain returns, and whether you have medical risk factors.

Monthly	Useful when corns return quickly, nails are very difficult, pain comes back fast, or there are higher-risk feet that need closer monitoring.
Every 6 weeks	A common rhythm for people who build callus or nail thickness steadily and want to stay ahead of discomfort.
Every 8 weeks	Good for maintenance when symptoms are controlled but still tend to return if left too long.
Every 12 weeks	A sensible check-in for lower-maintenance feet, prevention and seasonal footwear changes.



Regular care helps prevent small issues becoming bigger ones.



The Hub podiatry service connects into the wider clinic.



What Makes The Hub Different?

More than maintenance	Routine care sits inside a specialist MSK clinic, so we can think about pressure, movement, footwear and underlying causes.
Clear explanations	You should understand what we found, what we treated, and when to come back.
Joined-up care	Podiatry, MSK, biomechanics, ultrasound, injection therapy, physiotherapy and Pilates are all part of the same ecosystem.
Community	Many patients are not just appointments. They become part of The Hub: classes, events, education and long-term support.



The Hub Glasgow: podiatry, MSK care and movement support together.

Book: hubglasgow.co.uk/book_clinic

0141 363 0306 | hello@therehabhub.co.uk | therehabhub.co.uk

West End: 31 Crow Road, Partick, Glasgow G11 7RT | Kinning Park: 32 Portman Street, Glasgow G41 1EJ |

Dennistoun: 568 Alexandra Parade, Glasgow G31 3BP