

FOOTCARE

THE IMPORTANCE OF FOOT CARE

We generally don't give our feet much thought – that is, until they start to protest by becoming painful! They are vital to our mobility so the importance of regular foot care cannot be overemphasised. By following a few simple guidelines you can greatly reduce your chances of developing common foot problems, helping you stay active, mobile and pain-free.

HYGIENE

Keep your feet clean daily – there is no need to soak your feet. Wash and dry thoroughly, particularly between the toes. If you find the areas between your toes are moist check that your footwear is breathable and try a dab of surgical spirit to help dry the skin out. Change your socks / hosiery daily, cotton socks are preferable. Try to rotate your footwear. If your shoes are not comfortable it is more than likely the shoe is the problem not your foot!

SKIN

Keep your skin supple and healthy by applying moisturiser on a daily basis, particularly around the heels (but not between the toes). Use a file or pumice stone to gently reduce hard skin or callus. The most effective moisturisers are those that have a high urea content such as **Dermatonics Once** and **Flexitol Heel Balm**.

NAILS

Trim your nails regularly following a gentle curve – do not dig down the sides and avoid cutting them too short as this can often make them sore or vulnerable to infection. If you are unable to use nail clippers try filing your nails, weekly, to stop them getting too long.

EXERCISE

Try to remain active – your muscles, ligaments and joints in your feet all benefit from regular exercise or stretching.

This leaflet has been written to help you understand more about the problem with your foot. This leaflet is not a substitute for professional medical advice and should be used in conjunction with verbal information and treatment given.