



## FOOT CARE TIPS

- Wash your feet at least twice a day and never soak your feet (or use a fish spa), as this transfers bacteria, fungus and viruses (warts / verruca) to other areas of your feet (or from other people).
- Never use corn plasters, or salicylic acid as it can burn the skin and cause bone damage. All corns and callus form because of pressure on the foot caused either by the shoe or the bones of the foot - a Podiatrist will take out the corn and can inform you how to prevent it coming back. You should not need an anaesthetic or antibiotics, time off work and should be able to drive!
- Dry your feet well especially between the toes. If you have a fungal infection
  - a) Get treatment from your podiatrist, doctor or pharmacy.
  - b) Never share towels - use tissue to wipe that area. Using powder - corn flour / talcum powder between the toes to keep them dry and free from fungal infections.
- Put cream on your feet daily from the balls of your feet and especially the heels - best before sleeping - not between the toes as this can cause fungal infections.
- Wear socks - this helps to protect the skin from the shoes rubbing and causing blisters. Make sure they have no holes or knots on the seams, as they can cause blisters.
- Have a Podiatrist professionally cut your nails and then keep them neat by filing your nails each week. Using a throw away file instead of sharp scissors which reduces the risk of infection.



## SHOE INFORMATION

- All shoes should fasten onto the feet with straps, Velcro or strings / laces, and shake off easily when not fastened. NEVER buy slip on shoes (flip flops, sandals, mules, court shoes or slippers) - they stay on your foot by you curling up your toes when walking, and pull your back, knee, leg, ankle and foot muscles out of alignment. Have you ever seen an athlete wearing anything but firm fastening shoes?
- A good shoe does not depend on its price, its brand or the shoe shops reputation... it is just as easy to buy a good pair of cheap trainers (sneaker) from a supermarket... it is just the fit and function of the shoe with your foot in it!
- New shoes should always be bought in the afternoon, when your feet have had time to swell.
- Measure your feet both for the length & width - ask a podiatrist / trained shoe fitter for their advice. A shoe should be 12-16 mm longer than your longest toe - not necessarily your big toe.
- Heels should be not more than 4cm high, lower in children & have a broad base for shock absorbency.
- The toe of the shoe should be foot shaped (not pointed) to allow room for the toes to move around.
- If you are buying shoes to wear an orthotic with, take your orthotic with you - you should be wearing them!
- ALWAYS wear something on your feet. Shoes are made to protect your feet from accidents and other people's bacteria, fungus and viruses. Once you have an infection / wound it can take many months to heal.
- At Feet Fit For Life we have designed shoes for inside and outside the house to allow those who need orthotics / customised orthotics to wear shoes all the time, which will reduce the corns, calluses and help to heal any ulcers. Orthotics only work when they are on your feet - just like spectacles only work when you are wearing them!
- See a Podiatrist regularly to keep your feet fit for life.

## YOUR SHOES SHOULD: -

- Be deep enough to move your toes easily without rubbing them on the top of the shoe.
- Allow a gap of around 1/2 inch / the thickness of a finger tip's space between the end of the shoe and the end of your longest toe when you are standing up, as your feet lengthen as you walk.
- Be round toed because pointed shoes can squeeze and squash toes.
- Be wide enough so that joints & toes do not hang over the sides of the shoe or sandal - Extension straps available for extra comfort.
- Have low sides with a deep opening to allow easy access because injury or arthritis can make feet feel stiff and difficult to bend when putting on footwear.
- Have a supportive heel counter as it is important to hold the foot steady.
- Have no shoe seams over the prominent parts of the foot.
- Be made of a flexible, light rubber, hard wearing sole.
- Be easy clean - some of our models are soft vinyl, which reduces mould and fungus growth.
- Have specially produced orthotics (insoles) in every shoe - consult a Podiatrist for a custom fit!
- Have a broad heel to equalise body weight.
- Have easy touch fastening which allow easy adjustment. This helps with daytime foot swelling and reduces friction which can lead to sore, hot & callused (thick) skin.

For much more information about feet, shoes and podiatry please see the web site [www.FeetFitForLife.com](http://www.FeetFitForLife.com)

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E&OE This information is meant for guidance only; please see your own health professional for specific foot problems