



Safety, Health, Injury Prevention

Footwear

Taking care of your feet is a very important aspect of health care. Ongoing problems or conditions with your feet require medical oversight. Problems require immediate attention.

There are many different foot conditions. But, basically the most common foot conditions are related to the following:

- corns, calluses, bunions
- in grown toenails
- joint deformities
- warts (verruucas)
- athlete's foot

The type of shoe that you wear is vital for your health and safety. Many foot conditions are caused or exaggerated due to the type of shoes that are worn. Many common foot problems can be avoided by having shoes that fit properly.

Wear Supportive Shoes

- As you get older, the size and shape of your feet may change.
- Look for footwear that has soft supple uppers of leather or fabric.
- Make sure your shoes are wide enough.
- Wear shoes that are designed to fit the contours of your feet
- Shoes should fit snugly at both the heel and the instep.
- Shoes should have a half-inch gap between the ends of your toes and the end of your shoes.
- Avoid wearing heels higher than 2"
- Wear the right shoes for the activity
- Make sure that you feel safe and secure when you walk

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Tips for Buying Shoes

- Feet change over time. Have your feet measured when buying new shoes.
- Measure your feet while standing (if possible).
- Buy shoes in the afternoon (feet swell during the day).
- Avoid shoes with a lot of decorative stitching which can stop the shoe from stretching over a bunion or raised toe.
- Make sure you can put on or remove your shoes without assistance.
- Long handled shoehorns are an assistive device that can make putting on and removing shoes easier.

Other Health Tips

- Watch your weight. Excess weight places excess stress on the feet
- Keep your feet clean.
- Keep your feet dry, but moisturize if you see any signs of dry, flaky skin.
- Trim your toenails regularly, and cut them straight across.
- Exercise your feet (it tones up muscles, helps to strengthen your arches, and stimulates blood circulation).

Our Recommendations

If you are having pain, notice skin discolorations, rashes, loss of sensation, change in the appearance of your toe nails or thickening skin, we recommend you make an appointment to see a podiatrist. Your podiatrist can help you to develop a healthy plan that will help you to take care of your feet. If you have diabetes or arthritis, we urge you to make regular preventive visits to your podiatrist.

