NORTH BERWICK PODIATRY

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YOUR GUIDE TO GENERAL FOOTCARE

Top tips to help prevent foot problems

Follow our simple steps to help keep your feet in tip-top shape and reduce your risk of developing any problems.

1. Keep your feet moisturised
   If the skin on your feet is dry, put moisturiser on your feet before you go to bed, avoiding between the toes (this can lead to fungal infections).



2. Wear the right footwear
   It's important to make sure your shoes are the right size for your feet. Buy footwear in the afternoon when your feet are at their largest. Get your feet measured if you are unsure of your size. While at home for longer periods of time, try to avoid unsupportive footwear such as slippers.



3. Check your feet regularly
   Giving your feet the once over every week will help you to spot any possible problems quickly.

4. Pay attention to your socks
   Wear well-fitting socks and change them every day to avoid sweaty feet.



5. Trim your toenails
   Use proper nail clippers - and cut them straight across, not too short and not down at the corners, as this can lead to ingrowing toenails. If you can't cut your nails, try filing them once or twice a week instead.

6. Rotate your shoes
   Try not to wear the same shoes two days in a row, to reduce your chances of developing a fungal infection.

7. Do regular calf stretches
   Get into a routine of doing these every day to keep your feet supple.



8. Vary your heel height
   Keep high heels for special occasions, as regular use can damage your feet.

Podiatry is health profession that specialises in the assessment, diagnosis, treatment and prevention of complications of the foot and lower limb. A podiatrist can give you advice about foot care, gait analysis and on the best footwear for you and your family. Podiatrists are educated to degree level and are regulated by the Health and Care Professions Council (HCPC)