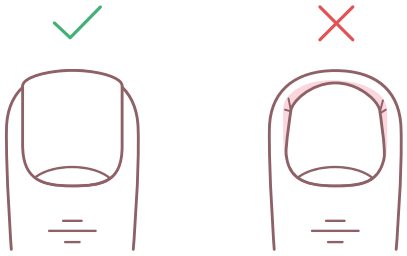
PATIENT HANDOUT 1. Please feel free to copy and distribute this page.

Foot Care and Footwear

Foot Care

- Clean your feet and keep them dry. Make sure to keep the skin between your toes dry. Carefully use a pumice stone to remove rough dry skin. If the skin is dry, moisturize your feet but not between your toes.
- Trim your toenails in a straight line and leave a little bit (3 mm) of the nail past the edge of the toe. File the corners to remove sharp edges.
- Wear shoes that fit properly, and do not walk barefoot.



Finding the Right Footwear

- Shop for shoes later in the day as your feet expand with use. Go shopping wearing the type of socks you plan to wear with the shoes.
- Trace your foot and take the tracing with you when shopping. Place the shoe you may buy on the tracing, and don't try it on if it is narrower or shorter than the outline of your foot.
- Ask the salesperson to measure the length and width of both of your feet, and note the size of the larger foot. Shoes should be fit to the larger foot. As you age, your foot shape will change and so you should have your feet measured each time you buy new shoes.
- Choose shoes with a sturdy heel, a supportive arch, and that fasten by a buckle, Velcro, or laces.
- If possible, remove the liner of the shoe and stand on it to check that the shoe fits around your whole foot.
- While standing in the shoes, gently press on the toe section to check that there is space from the end of the shoe to your longest toe (about half an inch). Wiggle your toes in the shoes to check the size. Ensure that the shoe has enough depth so that the top of the shoe does not rub on your toes.
- Walk in the shoes to judge their comfort. Ask if there is a wider size if the ball of your foot feels squeezed.
- Check if the shoe provides removable cushioning (in case orthotics are needed) and if there is any material inside the shoe which may irritate your foot.

Exercising Your Feet and Ankles

- Following injury or surgery, an exercise program for your feet and ankles can help your recovery. You can share the following resource with your doctor or physiotherapist and discuss an appropriate program to follow.

Foot and Ankle Conditioning Program

American Academy of Orthopaedic Surgeons

NOTES

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Sources: 1) Wounds Canada. *Caring for your feet: safe foot care if you have diabetes*. 2022. https://www.woundscanada.ca/docman/public/patient-or-caregiver/1728-home-safe-df-care-1942e/file;
2) Harvard Health Publishing. *10 tips for finding the right shoes*. 2015. https://www.health.harvard.edu/staying-healthy/10-tips-for-finding-the-right-shoes

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