

What is good footcare?

- Wash feet everyday if you can with warm water
- Make sure to dry them well, especially between the toes
- Hard skin can be removed with a pumice stone
- Moisturising your feet helps combat dry skin and the massage motion can help circulation
- If your feet sweat a lot, consider purchasing an anti-perspirant spray for feet, or wear socks made of natural materials rather than synthetic.
- Trim toenails regularly by cutting them straight across, NOT around the corners (as this can encourage in-growing toenails). Nail clippers can help with this.

Contact details

Community Podiatry Services for
Westminster, Kensington & Chelsea and
Hammersmith & Fulham

Central Booking office: 0208 962 3930

Central London Community Healthcare **NHS**

NHS Trust

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Foot health



A guide to caring for your feet
and appropriate footwear
to prevent falls.

Falls Prevention Service

Your feet carry you everywhere, so it makes sense to look after them! The health of your feet is an important factor in preventing falls, and this guide aims to advise on how best to care for and support them.

Common complaints

- Corns on the tops of toes – caused by pressure or friction over bony areas.
- Red sore bunions – a deformity of toe joints, causing the joint to enlarge, and can be painful.
- Hard skin – caused by pressure. Can crack and potentially become infected.
- Painful soles – many causes, that can include lack of cushioned support under the foot, being over-weight, or poor circulation.
- In-growing toenails – often caused by ill-fitting footwear or cutting the nail too short, resulting in inflammation.
- Athlete's foot – not just experienced by athletes! It is a fungal infection causing dry, split skin between and under toes. Occurs when perspiration and warmth encourage growth of the fungus.
- Arthritis – 'wear and tear' of the bony joints, which can make the foot less stable and painful.

What is suitable footwear?

- **Style** - The style of your shoe is much more important than the price or the make so learn to look for suitable shoes.
- **Slip-on shoes do not help your toes.** Wearing shoes without a proper fastening means you curl your toes to hold the shoes on. Good shoes should have support around the heel and over the top of your foot, preferably a lace-up, velcro strap or T-bar straps.
- **Make sure your toes have enough room**
 - *Length* (from heel to toe) - your toes should not touch the end of your shoe as this can cause corns, damage to your nails or hard skin on the end of your toes.
 - *Width* (across the ball of your foot) - choose a round or square-toed shoe, as these tend give you more space for your toes. This is particularly important if you have bunions or hard skin on your little toes.
 - *Depth* (toes and instep) – it is easy to forget to look at the depth of your shoe. You should be able to wriggle your toes up and down inside your shoe. Getting the right depth of shoe is important if you have clawed or hammer toes, as corns and hard skin can form on the tops of your toes.

- **Heels** - Heels should be kept low and broad (approximately the width of the shoe). This gives you extra stability and prevents pressure building up over the balls of the feet. By wearing low, broad heels you are less likely to sprain your ankle.
- **Soles** - Soles should be soft, flexible and cushioned to provide maximum shock absorption. Spongy soles mean your feet will be more comfortable.
- **Your feet change shape** - Over time your feet change in width, length and depth. To make sure that you have a perfect fit, have your feet measured every time you buy new shoes.

Buying new shoes

- Fit the shoe to your foot, not your foot to the shoe!
- Sizing and fit can vary between brands so make sure you try them on before buying. Make sure you can get them on and off yourself, and that you can stand and walk in them.
- If you can, buy shoes in the afternoon – feet can swell throughout the day, so shoes that fit well in the morning may be tight by the end of the day.
- Check the return / refund policy