

# FOOT CARE AND FOOTWEAR

Podiatrists are highly skilled health professionals trained to deal with the prevention, diagnosis, treatment and rehabilitation of medical and surgical conditions of the feet and lower limbs.

Podiatrist are sometimes referred to as foot doctors.

## Finding a Podiatrist:

Look in the Yellow Pages or contact the Australian Podiatry Association in Qld.

The cost of a visit may possibly be covered by Medicare.

## It is important to:

- \* Establish a relationship with a Podiatrist
- \* Visit your Podiatrist regularly
- \* Examine your foot daily and report problems to your Podiatrist at once
- \* Never walk without a shoe protecting your foot



Patient Assist Leaflet compiled and printed with the support of the Prosthetics, Orthotics and Podiatry Services, Princess Alexandra Hospital and the Queensland Amputee Limb Service - Nov 2008

ANNUAL NATIONAL AMPUTEE AWARENESS DAY - 11 JUNE

Presentation by Damien Clark

Podiatrist

Prosthetics, Orthotics and Podiatry Services

to

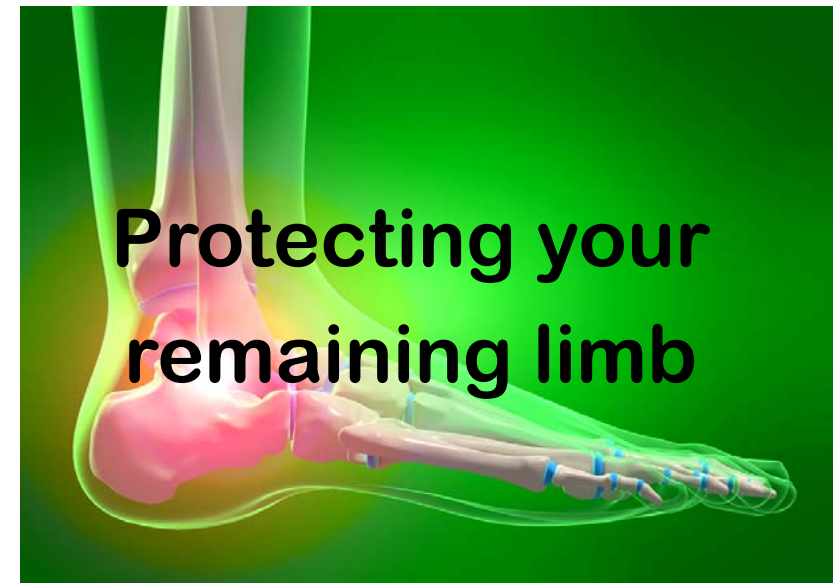
Amputee Discussion Group

Bunya Ward

Geriatric and Aged Care Rehabilitation Unit

Princess Alexandra Hospital

# PODIATRY



## Foot Care

### Causes of Amputation

- Diabetic Complications
- Trauma
- Illness/disease - Vascular disease

### Looking after my healthy Foot

- Why is it important to look after my healthy foot?
- How should I look after my healthy foot?

#### Why is it important to look after my healthy foot?

- Feet are very important for our mobility and independence.
- To prevent further damage and trauma to my feet.

### How should I look after my healthy foot ?

- Check your foot daily for problems:-
  - Redness
  - Callus/corns
  - Blisters
  - Cracks or cuts in the skin
  - Toenail pain or pressure
  - Sores that just won't heal
- Dry your foot very well after you bath or shower. Pay particular attention between your toes, making sure they are dry.
- Apply moisturising cream to your foot daily.
- Trim your nails straight across.
- Apply first aid to any wounds or sores immediately.
- If you have any corns or callus, see your podiatrist.
- Wear shoes as often as you can to protect them from further damage.
- Have a check up with a podiatrist at least once a year.

## Footwear

- The ideal shoe
- Choosing the right shoe
- Tips when shoe shopping

### The ideal shoe

- No such thing.
- They come in all shapes and sizes to fit people of all ages, all foot shapes and all activities.
- It is important that it fits properly straight away and that it doesn't hurt your foot in any way.

### Choosing the right shoe

- As low a heel height as possible.
- The heel counter should be firm to provide the most support.
- Adequate room in the toe area, both in height and in width.
- Adequate length –at least 1cm from the end of the longest toe, to the end of the shoe.
- Laces, straps or buckles are best.
- A cushioned, flexible sole.
- The same shape as your foot.

### Tips when shoe shopping

- Look for shoes towards the end of the day (mid afternoon).
- Take along the socks or hosiery that you would normally wear.
- If you have any insert or orthotic, remember to take this with you.
- Don't shop for shoes if your feet hurt.
- Buy shoes by fit and not size.
- Make sure you try them on properly fastened in the shop.
- Make sure the shoes don't hurt. Shoes, if fitted properly, shouldn't need to be "broken in".