

Are your feet healthy?

Foot pain and foot problems need not be part of the natural ageing process. Foot problems should be treated as they can affect the way you walk and your balance. Please take a few minutes to complete this checklist.

Questions	Yes	No
Do you suffer from pain in your feet? Foot pain is associated with a greater risk of falling.		
Do you suffer from corns or calluses? This can indicate poorly fitting footwear or foot deformity.		
Are your feet or toes an unusual shape? Foot deformity can mean the feet are not able to function normally. Deformity can also make finding suitable shoes difficult.		
Do you wear ill fitting or unsafe shoes? A safe shoe has: <ul style="list-style-type: none"> ▪ A low (less than 2.5cm) broad heel with good ground contact ▪ Adjustable fastenings ▪ A firm supportive heel counter ▪ A non slip sole ▪ Allows the toes to spread naturally in the shoe ▪ Is comfortable and fits your foot well Unsuitable footwear such as loose fitting slippers contribute to many trips and slips.		
Do you have reduced sensation in your feet? Reduced sensation in the feet can affect balance and put the feet at greater risk of injury.		
Do you have a medical condition which affects your feet or the way you walk? Medical conditions such as diabetes, stroke, Parkinson's disease and arthritis can affect the feet and balance.		
Do you have reduced flexibility and strength in your feet and legs? Reduced flexibility and strength make people more unsteady on their feet.		

If you have ticked yes for any of these questions please see a podiatrist, orthotist or your local general practitioner for professional advice regarding treatment of your foot problems.