

Foot care routine

Allied Health Services



Foot care routine

Recommendations from our podiatrists

Regular foot care helps to maintain and improve your foot health. Follow these simple tips for healthy feet.

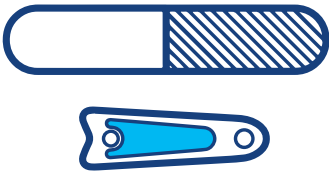


Things you should always do

- Wear shoes to protect your feet.
- Wear socks to reduce rubbing and keep feet warm in the cooler months of the year.
- Talk to your podiatrist about the most suitable shoes for you.
- If you have any issues with your foot or ankle see your local GP or Podiatrist.

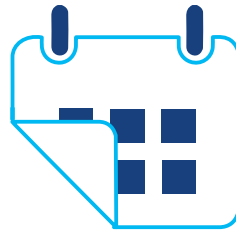
Things to do daily

- Check your feet visually and / or by touch to learn what's normal for your feet.
- Wash your feet with warm, soapy water.
- Use moisturiser on dry skin to stop skin from cracking, especially around the heels (avoid between toes). Wipe off excess moisturiser to prevent your feet slipping and sliding in your shoes.



Things to do monthly

- Trim your toe nails and file any hard skin.
- Contact your podiatrist if you need to file hard skin more than twice a month.
- Buy foot care tools, like files and clippers, from your local pharmacy and other retailers.



Things to do yearly

- If you have diabetes or another medical condition that can damage your nerves and blood vessels, see your GP and / or podiatrist at least yearly to monitor your foot health.

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Recommendations from our occupational therapists

When you perform your own foot care:

- Make sure you sit on a hard chair that has arms to help keep you stable.
- Wear glasses (if needed) when inspecting and cutting your toe nails.
- If you have trouble reaching your feet, there are lots of devices that can help you to reach and take care of your own feet. Contact your occupational therapist for advice.

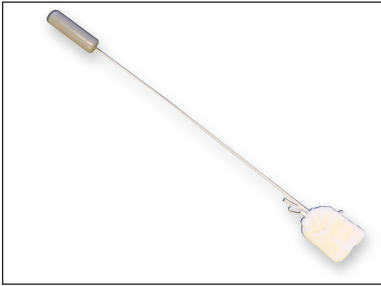
Devices that can help you take care of your feet



Foot file



Long handled sheepskin sponge



Toe washer



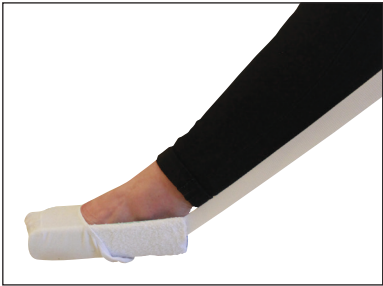
Shower sandal foot scrubber



Homcraft easi-grip chiropodist scissors



Suction brush (nail / foot)



Sock aid

Foot care routine

Recommendations from our exercise physiologists

Simple stretches can help increase the movement in your hips and the muscles in the back of your legs. Try these stretches to help you reach your feet*.



Lying knee to chest stretch

Lie on your back on your bed. Place a towel around your legs, pull your knee towards your body and hold it there for up to 30 seconds.

Repeat on your other leg.

Continue 2-3 times on each leg.

Glute stretch

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder. You can wrap a towel around your leg to assist with the movement.

Hold for up to 30 seconds, then repeat on your other leg.

Continue 2-3 times on each leg.





Seated calf stretch

Sit upright in a chair. Put a towel around your foot, close to your toes, and pull until you feel a stretch in the back of your leg.

Hold for up to 30 seconds, then repeat on your other leg.

Continue 2-3 times on each leg.

Seated hamstring stretch

Sit in a chair with your back straight and one leg straight out in front of you with your heel on the ground.

Pull your toes back towards you and gently lean forward at your waist while keeping your back straight.

Hold for up to 30 seconds, then repeat on your other leg.

Continue 2-3 times on each leg.



**The exercises are general recommendations. Please consult your GP or specialist before starting new exercises. Please note, you should only feel a gentle stretch in your muscles and joints. If you experience any sharp pains, please stop immediately and contact your GP or specialists.*

Latrobe Community Health Service provides podiatry services at the following sites:

Churchill, 20-24 Philip Parade

Morwell, 81-87 Buckley Street

Moe, 42-44 Fowler Street

Traralgon, corner of Seymour Street and Princes Highway

Warragul, 31 Mason Street (private services only)

**For more information or to book an appointment,
please call 1800 242 696 or visit www.lchs.com.au**

