

Proper Foot Care: Putting Your Best Foot Forward

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Just as a house relies on a solid foundation to maintain structural integrity, the same can be said about a person.

Many people neglect the importance of proper foot care and in doing so are essentially destroying their foundation. Poor foot care can lead to a host of implications such as infections, altered gait and balance problems. Foot care is important for everyone, but especially for people who have diabetes and seniors who are more prone to having issues with their feet due to other underlying ailments.

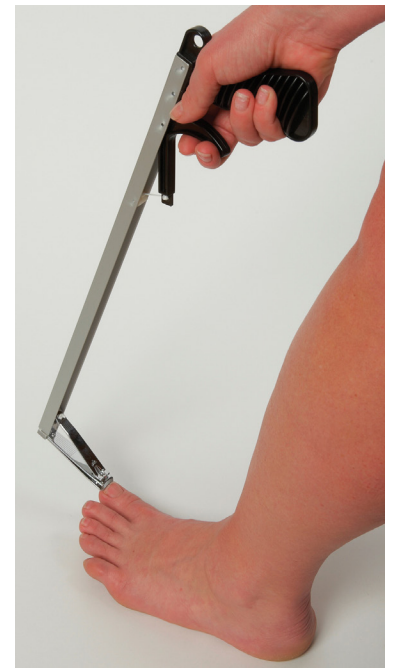
There are many simple measures people can take to maintain overall foot health. Frequent inspections are the most important thing. People should be looking for things like rashes, dry skin, blisters and corns. Any abnormality should be treated promptly in order to avoid further irritation or possible infection. Many people may have difficulty being able to check their feet independently. The assistance of a caregiver or family member may be necessary or the use of a long-handled mirror that enables the person to see the foot without having to lift the leg up or bend too far down.

Keeping the feet clean and dry is imperative. Toe washers that have long handles and narrow sponge ends easily fit in between toes to make sure that all the dirt and debris are washed away. Wet feet provide a breeding ground for bacteria and fungi and therefore it is equally as important to thoroughly dry the feet after bathing. Lotions can be applied to ensure that the skin stays soft and moisturized. For people who have stability issues long-handled sponges and lotion applicators make it easier and safer to perform proper foot care.

Toe-nails should be regularly cut. The key to proper nail length is not too long and not too short. Nails that are cut too short increase the risk of in-grown toe nails, but nails that are too long can cause irritation. It is recommended to cut the nail straight across



Maddak Under-Toe Washer
Item #: 081438639



Long-Handle Toenail Clippers
Item #: 081007517

and make a few small cuts instead of one larger clip. For people who have difficulty bending down long-handled toenail clippers are available to add that extra reach. People with diabetes need to be especially careful when trimming toenails and may want to have their nails trimmed professionally.

Shoe selection is another important fundamental. Fashion does not need to be ignored as long as the shoe fits properly and provides enough support. Foot size changes over the course of time; therefore, measurements should be taken every time a person buys a pair of shoes. The shoe should be comfortable the first time it is tried on; a person should not rely on the shoe stretching out over the course of time. Shoes should also be tied properly to provide adequate support. For people who have limited fine motor control elastic shoelaces can help greatly. After tying the shoe once, the foot can be easily be slipped into and out of the shoe while maintaining the proper lacing support.

Most people probably do not put much thought into sock choice. However, making sure the sock matches the outfit is not the only consideration. Research shows that cotton socks are actually not a good choice when it comes to keeping the foot dry. Cotton does not wick away moisture and this can ultimately lead to friction and irritation. Socks should be made out of a material that has good wicking properties. While many people prefer to go sockless, socks help to protect the feet against cracking and abrasions. For some people bending over to put on socks can be difficult, the recommendation of a sock aid can increase compliance of wearing socks.

Even with daily inspections and impeccable care problems can still occur. The important thing is to treat the problem as soon as it is noticed. Gel-based skin care products can help cushion and protect against impact, pressure, and shear forces, while simultaneously releasing moisture-rich mineral oil that gently hydrates, softens, and conditions the skin. Products are available to help corns, calluses, blisters, overlapping toes, bunions, dry cracked skin as well as various other ailments.

When a home is first built the foundation is solid, but over the course of time various elements both naturally occurring and those man-made can cause it to begin to disintegrate. However, the first sign of a crack in the foundation does not mean the home is uninhabitable. It just means that a little care and work need to be placed into it. The same applies to the feet. Daily inspections, routine care and dealing with problems as they arise are easy ways to make sure that the foundation stays strong enough for a person to lead an active life.

Contact Info:



Wear Ease Shoe Fasteners

Item #: 081135706 - Black

Item #: 081135730 - White



Supreme Sock Aid

Item #: 081703370

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