

# Foot Care: Don't Tiptoe Around

AUGUST 2016



## THE MOST COMMON FOOT PROBLEMS:

**Ingrown Toenails:** the corner or side of the toenail grows into the soft flesh of the skin.

**Bunions:** a bony bump that forms on the joint at the base of your big toe.

**Metatarsalgia:** pain in the ball of your foot.

**Achilles Tendonitis:** occurs when the tendon attached to the heel becomes painful or inflamed due to overuse, injuries or muscle imbalances.

**Toenail Fungus:** fungal infection that begins as a white or yellow spot under the tip of your toenail.

**Corns and Calluses:** thick, hardened layers of skin that develop when your skin tries to protect itself against friction and pressure.

**Flat Feet:** usually a painless condition where the arches on the inside of your feet are flattened.

**Plantar Fasciitis:** common heel pain that involves inflammation of a thick band of tissue within the bottom of your foot.

## 5 WAYS TO KEEP YOUR FEET HEALTHY

1. **Wear the Right Shoes:** wearing comfortable shoes is one of the best preventive measures you can take to prevent foot injuries. Invest in supportive and comfortable shoes and make sure you wear them on days when you know you'll be on your feet for long periods of time.
2. **Moisturize Your Feet:** the skin on feet tends to get thinner and drier with age. Keep the skin soft and prevent callused feet by rubbing a thick moisturizing lotion on your feet after your shower or bath.
3. **Practice Good Foot Hygiene:** wash and dry your feet thoroughly after showering, cut toenails straight across to avoid ingrown nails, and use a pumice stone or foot file to gently remove calluses.
4. **Stretch Your Feet:** the feet carry your entire weight which is why stretching your feet is so important. It can help ease pain for those suffering from foot conditions such as plantar fasciitis and improve flexibility in the feet.
5. **Maintain a Healthy Weight:** being overweight affects your feet by putting greater force on them.