

Leeds Community Podiatry Service



Keeping Your Feet Happy

It's really important to look after your feet.

This leaflet tells you some of the things that you can do to help keep your feet healthy.



Happy feet



You should try to wear shoes that

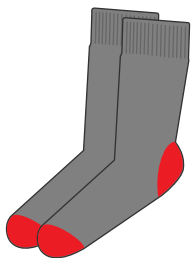


- ✓ Fit well
- ✓ Are flatter
- ✓ Fasten up
- ✓ Have a thick sole
- ✓ Are made of leather

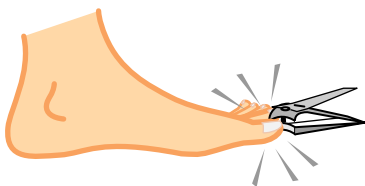
To keep your feet healthy try to



Wash your feet everyday, and remember to dry them well.



Change your socks every day. Take care of the skin on your feet.



Cut your nails to the shape of your toe.



Keep an eye on your feet - check that they look ok!



Unhappy feet

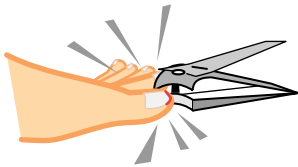


You should try not to wear shoes that



- ✗ Don't fit well
- ✗ Have high heels
- ✗ Don't fasten up
- ✗ Are uncomfortable
- ✗ Are hard to walk in

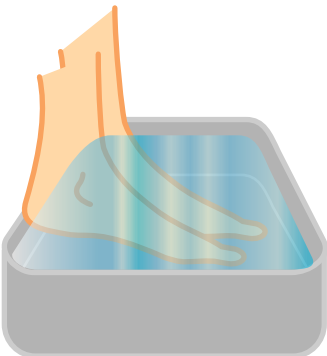
To keep your feet healthy don't



Don't cut nails too short. ✗



Wear socks that are too tight. ✗



Don't soak your feet for a long time- this can actually dry them out! ✗