



How can special shoes help my feet?

Special shoes can be made to fit softly around your sore feet or feet that have changed shape. These special shoes help to protect your feet.

- Choose the best shoes for your activities each day.
- Before you put on your shoes, shake them out and then carefully feel inside for stones or rough spots that might hurt your feet.
- Shop for shoes in mid-afternoon, when your feet are the largest.
- Avoid shoes that are too tight or pinch.
- Try on both sides, and if one of your feet is slightly larger than the other, buy for the bigger foot.
- The top part of the shoe should be soft and pliable. The lining should not have ridges, wrinkles, or seams.
- The toe area should be round and high to fit your toes.
- Break in new shoes slowly by wearing them 1-2 hours a day at first.
- Change your shoes at least once during the day.

http://www.ghc.on.ca/diabetes/diabetes_pages/foot_care.html

http://www.mydna.com/health/diabetes/complications/diabetes_foot.html

http://www.mydna.com/health/diabetes/essential_facts/top_tencomp.html

http://www.mydna.com/health/diabetes/symptoms/diabetes_types.html

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Physical Therapy Association Presents:*

Diabetes and the Importance of Foot Inspection



**Steps to healthier feet,
one foot at a time.**



Diabetes and Complications

Diabetes is a disease in which blood glucose levels are above normal.

There are three types of diabetes:

- + *Type 1 diabetes* – Juvenile diabetes
- + *Type 2 diabetes* – Adult onset diabetes
- + *Gestational diabetes* – Develops during pregnancy

Top Ten Complications of Diabetes:

1. Heart disease and stroke
2. High blood pressure
3. Blindness
4. Kidney Disease
5. Nervous system disease
6. Amputations
7. Dental disease
8. Complications of pregnancy
9. Biochemical imbalances
10. Increased susceptibility to other diseases



Did you know? That 14-24% of people with diabetes and foot ulcers will require either a partial foot amputation or a leg amputation because the ulcer won't heal.

What ways can diabetes hurt my feet?

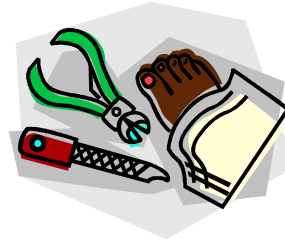
- A. Nerve damage
- B. Poor blood flow

These two problems can work together to cause a foot problem.

The Importance of Foot Inspection in Diabetes Patients

What are some common foot problems?

- *Corns and calluses
- *Ingrown toenails
- *Plantar warts
- *Dry and cracked skin
- *Blisters
- *Bunions
- *Hammertoes
- *Athlete's foot



What can I do to take care of my feet?

- ✓ Wash your feet in warm water everyday.
- ✓ Look at your feet everyday to check for cuts, sores, blisters, redness, calluses, or other problems.
- ✓ If your skin is dry, rub lotion on your feet after you wash and dry them.
- ✓ File corns and calluses gently with an emery board or pumice stone.
- ✓ You need to have your toenails trimmed, and should not attempt to trim them yourself. Your healthcare provider will know how to trim your nails in the best way possible to prevent injury or other problems.
- ✓ Always wear socks or stockings to avoid blisters.
- ✓ Wear shoes that fit well.
- ✓ Before putting your shoes on, feel the insides to make sure they have no sharp edges or objects that might injure your feet.

Treatment of Injuries:

- ❖ Look at your feet if you stumble or bump a hard object to be sure that there is no damage.
- ❖ If your foot is hurt, don't keep walking on it because that may cause more damage.
- ❖ Treat blisters, cuts, and scratches right away. Wash with soap and water and apply a mild antiseptic. Remember, open blisters can lead to infection.
- ❖ Cover all injuries with a dry sterile dressing.
- ❖ If sores do not begin to heal within 2 days, you should call your doctor.