




<h3>3 Easy Steps</h3> <p>to Healthier Feet</p>		<p>‘Out of sight, out of mind’ isn’t good for your feet.</p> <p>Your feet work very hard for you every day. Unhealthy feet throw your whole body off balance – this can lead to chronic problems with ankles, knees and hips and even back and neck. And all of this can impact your overall feeling of health and wellbeing.</p> <p>Don’t hide your feet away and ignore them. Love your feet!</p>	
<p>Keep your feet in mind, bring them into sight, into the light!</p>			
<p>Steps</p>		<p>Signs of ‘looking good’</p>	<p>Signs to ‘seek advice’</p>
<p>1. See</p> 	<ul style="list-style-type: none"> ✓ Intact skin. ✓ Consistent colour. ✓ No callus. ✓ No corns. ✓ Hair on the toes. ✓ No pain. 	<p>If you have:</p> <ul style="list-style-type: none"> • Foot pain (walking or still). • Open wounds. • Discolouration (skin, nails or overall). • Callus or corns. • Bunions (hallux valgus). • Infection. 	<p>Things to think about</p> <ul style="list-style-type: none"> • Pain is <u>not</u> normal! • Wear proper shoes: <ul style="list-style-type: none"> • With your insoles, if they’ve been prescribed! • Orthoses change the way you walk. They are prescribed to take the load of the painful part, this could be muscle/tendon over use, or joint pain, or nerve entrapment. • Painful feet are better in supportive shoes. • Try wide deep shoes such as trainers (the shoes we wear are often too small!). • Try laced shoes for 2-3 weeks to see if the pain goes away. <p>• Talk to your GP.</p> <p>• See a podiatrist:</p> <ul style="list-style-type: none"> • To treat painful nails, corns and callus. • To assess your ‘gait’ for foot joint and leg muscle pains. <ul style="list-style-type: none"> • At Fitter Feet for Life we accurately assess KPA under-foot joints and pressures. High pressures cause ulcers, infection and tissue death in some people with diabetes. Scans of your feet go direct to a lab that 3D prints an insole to remove the high pressure. <p>• See a podiatric surgeon for some deformities. This requires a referral from a GP.</p> <p>• Regular foot care: Frequency of care depends on the state of your feet e.g. more often is best for those who are more active or on their feet all day.</p> <p>• Annual checks: You change, so do your feet and therefore so do the needs of your feet!</p> <p>• Care for your feet and they will help care for you: Staying on your feet and walking daily is a key factor in preventing cardiovascular disease. Don’t stop walking due to foot pains that can be solved!</p>
<p>If your feet ‘look good’</p>		<p>If you should ‘seek advice’</p>	
<p>2. Say</p> 	<ul style="list-style-type: none"> ✓ There’s nothing to say. 	<ul style="list-style-type: none"> • Say something at the first sign of it. • Don’t wait – some conditions progress (e.g. hallux valgus (bunions)). 	
<p>Regular foot care includes:</p>			
<p>3. Assess & Care</p> 	<ul style="list-style-type: none"> ✓ Once a week, self-check your feet for the signs above. ✓ Book a chiropody appointment. ✓ Annual foot check. ✓ Annual orthoses check. 		

Did you know? Fitter Feet for Life podiatrists can:

- ✓ Take and read foot X-rays.
 - ✓ Prescribe medicines.
 - ✓ Perform orthopaedic foot surgery.
 - ✓ Treat ingrown and fungal nails.
 - ✓ Perform gait analysis helping pains in the feet, knees and back.
 - ✓ Remove corns & callus.
 - ✓ Provide shockwave therapy for Plantar Fasciitis and Achilles tendinopathy.
- ✓ Our equipment has annual reviews provided by external bodies, for example our X-ray unit is assessed by the physics department at King’s College Hospital so that our treatment and services comply to normal NHS governance rules.

We’re here if you need us: [Fitter Feet for Life](#) | [34 North Street](#) | [Clapham](#) | [London](#) | [SW4 OHD](#) | [020 7627 4901](#) | [www.fitterfeet.com](#)