









<h1>4 Easy Steps</h1> <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. 	<ul style="list-style-type: none"> • Pain (walking or still). • Open wounds. • Discolouration (skin, nails or overall). • Callus or corns. • Infection
		<p>What to say</p>	<p>What to say</p>
<p> 2. Say</p>		<ul style="list-style-type: none"> ✓ Do you have foot pain ✓ Is the pain related to skin ✓ Is it muscular or joint pain 	<ul style="list-style-type: none"> • Foot pain is not normal. Try wide deep shoes such as trainers first; our shoes are often too small. • See a podiatrist to treat painful nails, corns and callus. • See a podiatrist that specialises in gait analysis for foot joint pains and leg muscle pains.
		<p>How to assess & do</p>	<p>How to assess & do</p>
<p> 3. Asses s & Do</p>		<ul style="list-style-type: none"> ✓ Wear proper shoes! ✓ Use your insoles if they’ve been prescribed! ✓ Self-check once a week. 	<ul style="list-style-type: none"> • Painful feet are better in supportive shoes. Try laced shoes for 2-3 weeks to see if the pain goes. • Orthoses are prescribed to take the load of the painful part, this could be muscle/ tendon over use, or joint pain, or nerve entrapment . Orthoses change the way you walk to reduce the stress on the painful part. • Some deformities need surgery. Painful hallux valgus progresses. Consider getting a referral for a podiatric surgery opinion.

		How to care & do	How to care & do
 4. Care & Do		<ul style="list-style-type: none"> ✓ Annual foot check. ✓ ✓ ✓ ✓ ✓ ✓ ✓ ✓ Regular foot care, more often for those who are more active or on their feet all day. 	<ul style="list-style-type: none"> • High foot pressures cause ulcers in some diabetics. Podiatrists at Fitter Feet have a pressure plate to accurately assess KPA under foot joints. High pressures cause ulcers, infection and tissue death in some people with diabetes. Our pressure plate scans go direct to a lab that 3D prints an insole to remove the high pressure. • • Staying on your feet and walking daily is a key factor in preventing cardiovascular disease. Many people stop walking due to foot pains that can be solved. When you are older this leads to deteriorating in cardiovascular health. See a podiatrist to remove the source of foot pain to keep you on your feet.

Did you know?.....Podiatrists at Fitter Feet 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 assess by the physics department at King's College hospital so that our treatment and services comply to normal NHS governance rules.

Fitter Feet for life
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