



Foot Care

Why is it important to care for our feet?

We use our feet everyday. Taking care of them can keep us moving for years to come.

How can I prevent foot trouble?

- Keep your feet clean and dry. Wash them everyday
- Trim your toe nails each week or as needed
- Keep your blood circulating by
 - Putting your feet up when sitting
 - Stretching when you sit for a long time
 - Massaging your feet gently
 - Take a warm footbath
- Take care of your diabetes
- Keep the skin soft and smooth
- Be more active
- Use athletic or walking shoes for daily wear

My doctor says that I have a bunion.

A Bunion is an enlarged joint at the base and side of your big toe.

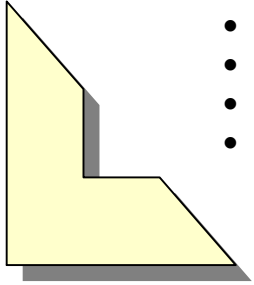
How did I get it?

Bunions are caused from the way we walk and the way our shoes fit us.

Will it go away?

No. Bunions will not go away.

It hurts to walk, what can I do?

- Wear pads between the big toe and second toe
 - Physical therapy can sometimes help
 - Buy good shoes. You can even have them stretched so they fit better
 - Exercise is important
 - Night splints may help
- 
- 