

## Foot Care Recommendations

KEEP IN MIND TO CONTACT YOUR Health Care Provider WITH ANY CONCERNS TO YOUR FEET/TOES! Considering these unprecedented times we need to remember our extremities! It is very important to check your feet and toes DAILY especially if you have diabetes, vascular concerns or neuropathy! Check to make sure there are no cuts or bruises.

### Recommendations:

- Cut nails when dry and try to cut straight across, file any sharp edges. WHEN IN DOUBT USE A NAIL FILE! DO NOT CUT NAILS TOO SHORT!



- Wash feet with warm water and soap
- Dry feet especially in between digits gently but well to avoid trapping moisture
- Apply lotion to feet by massaging it in to keep your skin hydrated and to keep from cracking
- NEVER apply lotion between toes and wipe off any excess
- Wear clean dry socks daily to avoid transferring infection like Athletes foot
- Make sure footwear indoor/outdoor is worn to support and protect your feet from harmful injuries or changes in bone structure
- Wear compression stockings if sitting for long periods to help with circulation or elevate legs at heart level
- Control blood sugars
- Try to quit or decrease smoking

Further support can be found on:

Diabetes Canada website: <https://www.diabetes.ca/>

Wounds Canada website: <https://www.woundscanada.ca/>

Diabetes Care Guelph webpage: <https://www.guelphft.com/dcg/>

Diabetes Care Guelph phone #: Please call 519-840-1964

\*For information on clinics providing emergency service for patients, please contact the OSC office at (905) 567-3094 or by email to [info@ontariochiropodist.com](mailto:info@ontariochiropodist.com)

## Exercises to Assist Vascular Health, Diabetes and Neuropathy

It is very important to continue WALKING FOR VASCULAR HEALTH and take the time when you are walking. Here are some exercises to try:

### Calf Raises



### Dorsiflexion



### Sit to Stand/Squat

