

Feet on the Street

Tips to keep you on the move

Check your feet regularly and ask for help if you need it

If you have diabetes or a history of drug/alcohol abuse, you should take extra care with your feet because:

- cuts get infected more easily and may take longer to heal;
- your feet may be numb and you may not know that you have an injury, cut or blister.

Try to keep your feet warm and dry!

- Wrap up well, layers of warm clothing on the legs will help to keep feet warm. Try to always wear clean DRY socks if possible.
- Seek shelter in wet weather and use plastic sheets to keep the wet out. If your shoes are letting in the rain or are wet and you can't dry them try to replace them at a day centre.

Feet at night

- Take your shoes off if possible. If you are worried they will be stolen, put them in a bag under your head.
- Do simple exercises to help the blood circulate. Try to avoid sleeping with your legs hanging down as your ankles may swell.
- Keep your feet warm and dry by wrapping up well.

Keep clean and comfortable

To avoid blisters, athlete's foot, trench foot and infections:

- Wash your feet as often as possible with soap and warm water. Dry carefully, especially between the toes.
- Let the air get to your feet by taking off your shoes and socks as often as you can.
- Change your socks regularly. Most day centres have socks to give away or sell cheaply.
- Rub a moisturising cream into dry or hard skin. Hand creams are ideal. Massage cream into the feet but not between the toes.

Shoes for walking

- Shoes that fit well help you avoid corns, blisters and ingrown toenails.
- Wear lace up shoes/trainers with thick soles and round toes.
- If the soles are getting thin, cut a bit of cardboard as an insole as an emergency measure.
- Fasten laces firmly to support your feet.
- Slip-on shoes will be uncomfortable if you are doing a lot of walking.
- Leather uppers are better than plastic as leather lets your feet breathe.
- Some day centres have shoes for sale or to give away.

Help! My feet hurt - what should I do?

Corns and Hard Skin

Avoid tight shoes. Use a pumice stone or a file on dry hard areas of skin. Don't use razor blades or corn plasters as these can cause infection and scarring. A podiatrist will be able to treat these, painlessly.

Ingrown Toenails

Don't tackle these yourself! You may make things worse. See a podiatrist, nurse or doctor.

Blisters

Don't burst them - this can result in infection. Cover them with a dry sterile dressing. If they do burst or are painful keep the area clean and dry and seek medical help.

Emergencies!

If you are in a lot of pain or think you may have an infected foot, see your GP a nurse or go to the Walk-in Centre or Accident & Emergency if you can't get to see a podiatrist.

Need help with your feet?

Podiatrists are here to help, please request an appointment with the Outreach Team at:

Podiatry Services
City of Coventry Health Centre
2 Stoney Stanton Road
Coventry
CV1 4FS

Telephone: 024 7696 1335

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