Foot care

It's important to look after your feet, no matter how mobile you are. Keeping feet healthy means less stress for the rest of your body. Foot problems can lead to other problems like back pain, so it's important to seek medical help from your GP if you have painful feet, or any other foot problems.

For older people this is particularly important, and health specialists recommend a six-monthly 'MOT' health check for your feet from a specialist to spot problems and nip them in the bud.

The NHS website has a lot of information on foot care as well as a handy Top 10 tips for looking after your feet.

Seeing a podiatrist

Podiatrists (also called chiropodists) can help if you have trouble with your feet, or find it difficult to look after them, for example if you cannot bend down to cut your toenails.

Diabetes and foot care

Some people with diabetes are at high risk of developing foot ulcers. A foot ulcer is prone to infection, which may become severe. It is important for people with diabetes to look after their feet and to have them checked regularly by a doctor or podiatrist.

The Patient.co.uk website provide detailed information on Diabetes, Foot Care and Foot Ulcers.

Other information and advice

The Easy Health website has gathered together various videos and easy-read leaflets which will help people with learning disabilities to understand more about their feet and foot care.