

Foot Care

Why is Foot Care important?

- **Mobility Support**
 - Healthy feet are crucial for maintaining mobility and independence
- **Preventive Care**
 - Proper foot care can prevent infections, ulcers, and complications that can lead to serious health issues
- **Comfort**
 - Good foot health enhances overall comfort and quality of life
- **Early Detection**
 - Regular foot care helps in early detection of issues like diabetes, complications, or circulation problems



More Foot Care

Tips and Facts for foot care!

1. **Daily inspection:**
 - a. Daily inspection of feet for cuts, sores, swelling, or changes in color or temperature
2. **Nail Care**
 - a. Trim nails straight across to prevent ingrown toenails
3. **Circulation**
 - a. Regular movement and exercise promote circulation in the feet
4. **Hydration**
 - a. Drink plenty of water to maintain skin elasticity and overall foot health
5. **Elevate feet**
 - a. Elevate feet when sitting to reduce swelling and improve circulation

