

# Leeds Community Podiatry Service



**Keeping Your Feet Happy**

It's really important to look after your feet.

This leaflet tells you some of the things that you can do to help keep your feet healthy.



# Happy feet



You should try to wear shoes that

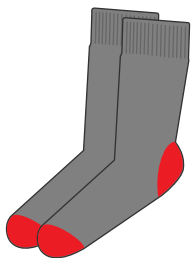


- ✓ Fit well
- ✓ Are flatter
- ✓ Fasten up
- ✓ Have a thick sole
- ✓ Are made of leather

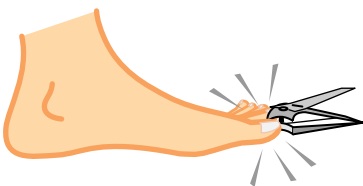
To keep your feet healthy try to



Wash your feet everyday, and remember to dry them well.



Change your socks every day. Take care of the skin on your feet.



Cut your nails to the shape of your toe.



Keep an eye on your feet - check that they look ok!



# Unhappy feet

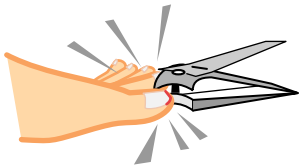


You should try not to wear shoes that



- ✗ Don't fit well
- ✗ Have high heels
- ✗ Don't fasten up
- ✗ Are uncomfortable
- ✗ Are hard to walk in

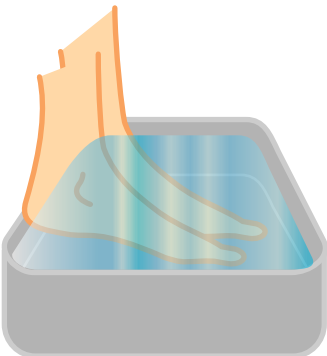
To keep your feet healthy don't



Don't cut nails too short. ✗



Wear socks that are too tight. ✗



Don't soak your feet for a long time- this can actually dry them out! ✗

### get in touch



If you are having trouble with your feet you can get in touch with us at

### address



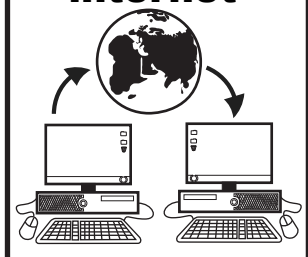
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St Mary's Hospital  
Greenhill Road  
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Leeds  
LS12 3QE

### phone



0113 3055155

### internet



To find out more about looking after your feet you can go to;

**Simply Feet**  
**Scholl**  
**Dreamy Feet**  
**Foot Care Supplies**  
**Feet For Life**

[www.simplyfeet.co.uk](http://www.simplyfeet.co.uk)  
[www.schollfootcare.com](http://www.schollfootcare.com)  
[www.dreamyfeet.co.uk](http://www.dreamyfeet.co.uk)  
[www.footcaresupplies.com](http://www.footcaresupplies.com)  
[www.feetforlife.org](http://www.feetforlife.org)  
(advice only)



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