



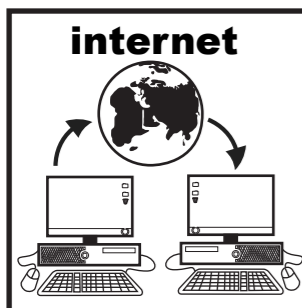
If you are having trouble with your feet you can get in touch with us at



Leeds Community Podiatry Service  
St Mary's Hospital  
Greenhill Road  
Armley  
Leeds  
LS12 3QE



0113 3055155



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

- |                           |  |
|---------------------------|--|
| <b>Simply Feet</b>        | <a href="http://www.simplyfeet.co.uk">www.simplyfeet.co.uk</a>         |
| <b>Scholl</b>             | <a href="http://www.schollfootcare.com">www.schollfootcare.com</a>     |
| <b>Dreamy Feet</b>        | <a href="http://www.dreamyfeet.co.uk">www.dreamyfeet.co.uk</a>         |
| <b>Foot Care Supplies</b> | <a href="http://www.footcaresupplies.com">www.footcaresupplies.com</a> |
| <b>Feet For Life</b>      | <a href="http://www.feetforlife.org">www.feetforlife.org</a>           |
|                           | (advice only)  |

# 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



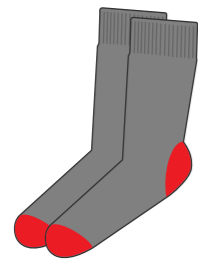
You should try to wear shoes that

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

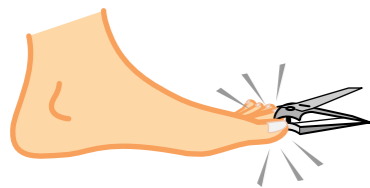
## To keep your feet healthy try to



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!

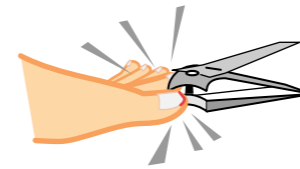
# Unhappy feet



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

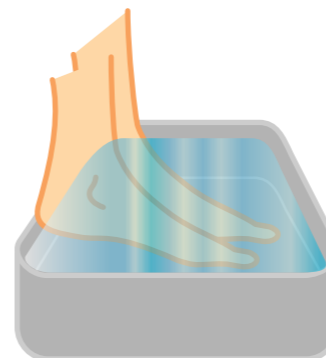
## To keep your feet healthy don't



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! ✗