

How Well Do You Care For Your Feet?

Your feet must last a lifetime, and most Americans log an amazing 75,000 miles on their feet by the time they reach age 50. Regular foot care can make sure your feet are up to the task. With proper detection, intervention, and care, most foot and ankle problems can be lessened or prevented. This month is Foot Health Awareness Month, so use the following tips to help keep your feet in the best condition possible!

Keep Your Feet Happy

Moisturize – Dry winter air and cold temperatures can take a toll on skin. Moisturize feet daily to help avoid dry, cracked and irritated skin.

Exercise Your Feet – Avoid toe cramps by raising, pointing and curling your toes for five seconds. Repeat 10 times. Rotating your ankles can also help relax feet. Cup your heel and turn each ankle slowly five times to loosen ankle joints.

Keep Your Feet Happy (cont.)

Massage – Foot rubs not only feel good, but they're a great way to release tension, boost circulation and refresh skin after a long day on your feet. Massage feet for a few minutes each day.

Pedicure Properly – Whether you do it yourself or go to a salon, be sure your pedicure is done properly. Never use a razor to remove dead skin – opt for a good pumice stone instead. Don't cut cuticles; push them back gently with a rubber tool made for this purpose. Use toenail clippers with a straight edge to cut nails straight across. Rounding nail edges causes painful ingrown nails.

Raise Your Legs – Feet and ankles can swell from sitting too long in one position, or if you've been on your feet all day. Elevate legs to reduce swelling. Lay or sit and lift your legs above your heart.

Wear Smart Shoes – When you know you'll be on your feet all day, wear comfortable shoes with good arch support and a padded sole. See which types of footwear have received the Seal of Acceptance and Seal of Approval for promoting foot health.

Get Help – Feet shouldn't hurt all the time. If you have any wounds or open sores on your feet that are not healing or keep returning, this can be a sign of a more serious issue. Persistent foot pain can be an indication of injury, irritation or illness. See a podiatrist if you experience pain ; don't wait!

Want more information?

Visit www.apma.org online to find more resources, tips and treatments to help keep your feet healthy all year!

Find us online for more!



www.hcare.net
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