



## Tips for Foot Care

Your feet take the weight of your whole body, so foot problems can quickly lead to discomfort and affect the way you walk. This can in turn cause knee, hip and back pain.

Research from The College of Podiatry shows that nine in 10 of us experience some sort of foot problem, with one in five admitting to suffering with foot pain often or constantly.

Podiatrist Lorraine Jones says: "What this research shows is that a huge amount of people are willing to put up with sore, aching and painful feet.

She adds: "Your feet shouldn't hurt on a daily basis. If you are experiencing discomfort it is usually because you aren't wearing the right footwear. You don't need to put up with it so do seek professional advice."

### **Wash your feet often**

Keep your feet clean by washing them every day in warm soapy water, but don't soak them, as this might destroy your skin's natural oils.

### **Dry your feet well**

Dry your feet thoroughly after washing them, especially between the toes which is where fungal infections can develop.

### **Moisturize and file**

If your skin is dry, apply moisturizing cream all over the foot, except for between the toes. Gently remove hard skin and calluses with a pumice stone or foot file don't overdo it though or skin will grow back harder than ever.

### **Shoe shop in the afternoon**

Shop for shoes in the afternoon. Your feet swell as the day goes on and if shoes fit in the afternoon when your feet are at their largest, you can be assured they will always be comfortable.

### **Foot pain advice for over-60s**

If you're over 60, foot care becomes even more important. Age takes its toll: your skin thins, your joints begin to stiffen and your feet become more vulnerable to the cold.

Not only that, but as podiatrist Emma Supple says: "Physically, it gets more difficult for us to get to our feet, and failing eyesight doesn't help."

Emma says: "Go to see a professional and never put up with foot pain as if it is normal. Your feet shouldn't hurt."