

MODIFIED **FOOTCARE**



Do you have trouble taking care of your feet? This could be for a number of different reasons:

- You can't reach your feet
- It's too hard to touch your toes
- Your back is too sore
- You cannot care for your feet anymore
- You have an injury and cannot bend
- You get dizzy when trying to bend down

Can you relate to any of these?

If your answer is yes, than you can benefit from Modified Foot Care. This will help to return confidence and give you back some ability to care for your own feet.

The Foot Book was designed by the Edmonton North Primary Care Network. Our health professionals who specialize in foot care created this resource for patients.

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What is Modified Foot Care?

If you have a hard time caring for your feet, we have some ways to make it easier for you.

This may include:

- Using a mirror to look at your feet
- Applying lotion to your feet
- Drying between your toes
- Putting on socks and/or shoes

If you have trouble caring for your feet, this could cause your feet to hurt and could leave you open to injury. If you are unable to clean your feet, it could cause:

- Thick nails
- Ingrown nails
- Fungus under your nails
- Nails curled over your toes
- Calluses on the bottom of your feet
- Corns on top or bottom of your feet or between your toes
- Dry, cracked heels
- Potential ulcer on your feet

There are a number of different tools available to help you care for your feet. You can either buy them or you can easily make some of these tools with items from around your house.

Tools available

A fractured hip kit can be bought at any Healthcare Aid, or speciality medical store and contains handy tools to help you care for your feet. The kit will cost about \$40 and includes:



These tools can also be purchased separately from the same store.

Other tools that may come in handy include:



A toe dryer for drying between your toes. This costs around \$6 and can be purchased at Healthcare Aid stores.



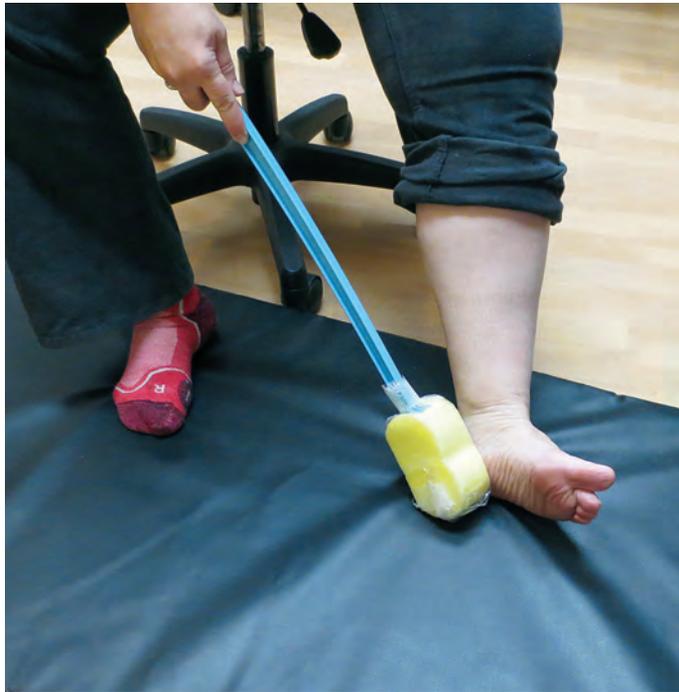
A two sided foot file. It can be purchased at a department or drug store for between \$2 - \$6.

Long Handle Sponge Brush

This tool will help to wash or put lotion on your feet.

To use for applying lotion:

1. Wrap the sponge with plastic wrap and tape into place on the handle.
2. Apply lotion to the plastic wrapped sponge and apply to your feet.
3. Once you are done moisturizing your feet, remove the plastic wrap and throw it away.
4. Apply a fresh piece of plastic wrap for the next use.



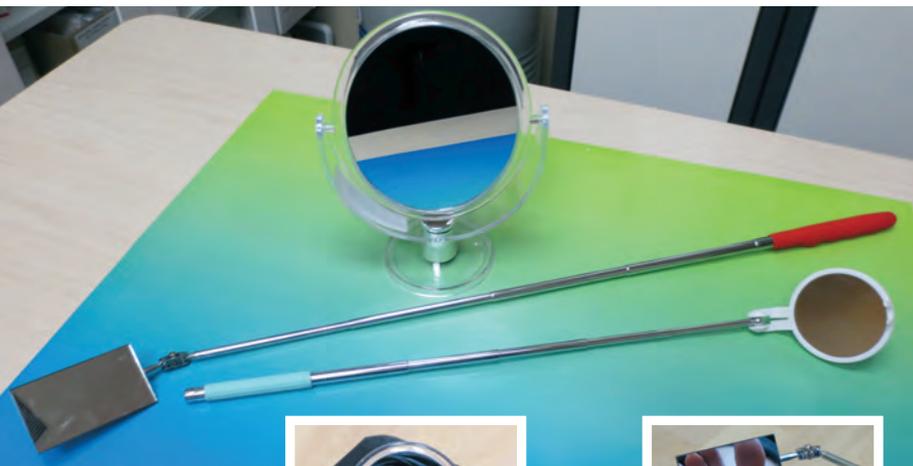
Looking at your feet

Looking at your feet is an important part of your foot care routine. If you have diabetes, you may lose some feeling in your feet, which means you may not be able to tell if you have an injury.

Mirror

A 2x3 inspection extension mirror can be purchased at a home or auto supply store. You can also use a stationary mirror from a dollar or department store.

When looking at your feet with a mirror, make sure you are in a room with lots of light. You could also use a flashlight. This will reflect in the mirror for better lighting.



Placing a mirror on the floor and looking at your feet is one way.



You can also use an extension mirror.

Using your Cell Phone

Sometimes looking at your feet with an extension mirror or a floor mirror can be hard if you have problems with your vision. Technology can be helpful in this case!

Most people have a cell phone today that takes pictures. By using a selfie stick and your cell phone, you can have a good look at your feet by taking a picture. A picture will also act as a record of what ever is going on with your feet.

WHAT YOU WILL NEED

- Cell phone (that takes photos)
- Selfie stick



STEPS

1. Ensure that your your Bluetooth is on.
2. Pair the selfie stick to the cell phone.
3. Put the cell phone under your foot and take a few pictures.



Putting on your socks

A sock applicator is designed to help you put on a pair of socks. They can be found at Healthcare Aid stores.

STEPS:

1. Place the sock over the cup with the heel on the back of the cup, making sure the cuff of the sock is not folded over.
2. Sprinkle baby powder inside the applicator. This allows your foot to slide in easier.
3. Place the cup on the floor and hold the cords.
4. Slide your foot inside the cup and pull up on the cords to help slide the sock over your foot and lower leg until the sock is on.
5. Repeat with your other sock on your other foot.



Extension grabber/reacher

This tool is useful for picking things up off the floor or getting items that are too high to reach. This tool also comes with a magnet at the end to allow metal objects to be picked up.



Long handle shoe horn

This tool makes it much to put on your shoes. It also helps to protect the backs of your shoes from collapsing when you put on your shoes.

STEPS:

1. Insert the shoe horn into the back of your shoe.
2. Insert your foot.
3. Step down into your shoe.



Toe dryer

There are different tools that can be used to dry between your toes. A toe dryer is a tool that can be purchased at Healthcare Aid stores.

This tool is plastic with foam on both ends. Wrap the ends with plastic wrap and use a piece of disposable dish cloth held with tape or a hair tie to dry between the toes. This protects the foam from bacteria and fungus.



Compression Stockings

For many people who wear compression stockings, the main complaint is putting them on. If you buy a pair of compression stockings, you are provided with a pair of rubber gloves to help put them on but there are other devices that can help.

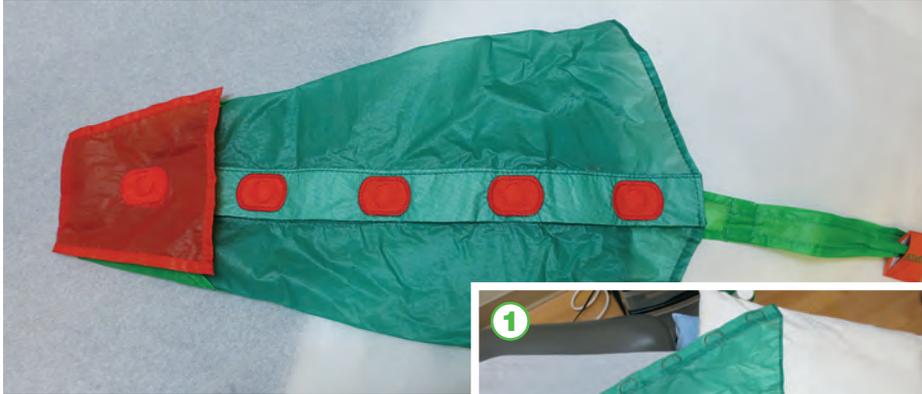
What are compression stocking applicators?

- Several types are available for open toe and closed toe.
- There is a one piece system and a two piece system available.
- You still have to stretch them over your toes, but once they are over your toes, they go on much easier.
- Different devices to help you put in your compression stockings can be purchased at a Healthcare Aid store where compression stockings are sold. The price ranges from \$30 to \$55.

There are many different types of applicators you could use, here are some examples.



Magnide



STEPS:

1. Fold the sides together so that the magnets can connect together with the orange tag inside.
2. Apply applicator over your foot and lower leg, making sure that the magnets remain connected and that the handle is on top so that the applicator can be removed.
3. Slide the stocking over the applicator, making sure that your foot and heel are well placed and not twisted before pulling on the applicator. *(Tip! using the rubber gloves will also help to give you a better grip and will protect the stockings).*



Compression Stockings continued

4. Begin removing the applicator by pulling on the handle that is outside of the stocking.



5. Continue pulling the stocking up while the applicator is being removed.
6. Remove the applicator completely.



Once you have put on your compression stockings, wipe down the applicator with a cloth to clean and return to the storage bag.

Compression Stockings continued

The Magnide can also be used to remove the stockings.

1. Apply the device over your foot.
2. Fold the top edge of the stocking over the device.
3. Then continue to pull the stocking off.



Doff N' Donner

This is a two piece system to help put on and take off your compression stockings.

METHOD 1 - USING YOUR ARM

STEPS

1. Put the stocking onto the full length of your arm.
2. Put the donner over top of the stocking.
3. With your other hand, take the stocking band (the opening of the stocking) and pull it over the donner.
4. Roll the donner with the stocking down your arm towards your hand.
5. Once you have rolled it all the way down, remove the stocking from your hand.



METHOD 2 - USING THE DOFFER

STEPS

1. Attach the doffer to a solid surface, like a table.
2. Put the stocking over the doffer, making sure the stocking is smooth. It should reach the bottom of the doffer.
3. Place the donner over the stocking, down to the opening of the stocking.
4. Take the rim of the stocking and pull it over the donner.
5. Continue rolling the donner to just about the toe. Roll back down a short distance, this will ensure the stocking is smooth.
6. Continue rolling the donner until the stocking is completely removed.



PUTTING ON THE COMPRESSION STOCKING

STEPS

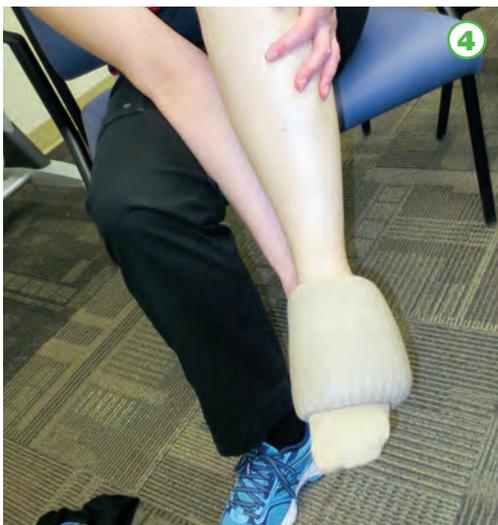
1. Place the closed side (where your toes will go) of the stocking over your foot, ensuring the heel is towards the floor.
2. Begin rolling the donner and stocking up your leg until the stocking is on.
3. Remove the donner.



REMOVING THE STOCKINGS WITH THE DONNER

STEPS

1. Apply the donner over the stocking.
2. With both hands, fold the stocking band over the donner.
3. Roll the donner down your leg and over your foot.
4. Once it is over your foot, the stocking and donner are easily removed.



REMOVING THE STOCKING FROM THE DONNER

STEPS

1. To remove the donner from the stocking, put your hand in the stocking rolling the donner up your arm. Then pull stocking from your arm and wash them.



Sock Remover

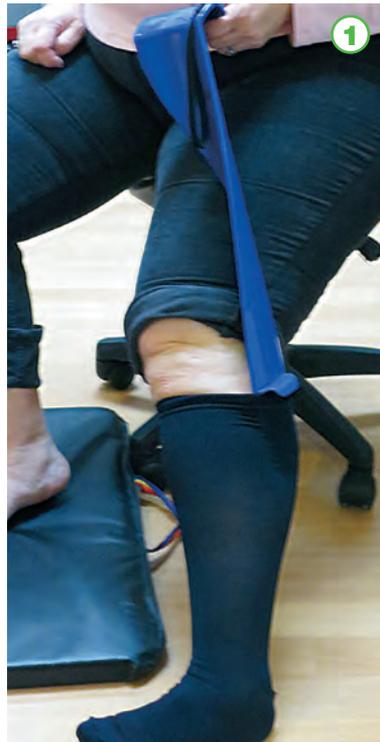
This tool makes it easier for removing your compression stockings or your socks. It has an easy grip handle

to make it easy to use. On the sock remover there is a narrow flat end that easily slides into the top of the stocking as well as a stopper so that the tool does not completely insert into the stocking/sock.



STEPS:

1. Insert the sock remover into your sock at your calf.
2. Once inside your sock, push down.
3. Continue to push down until the sock is completely removed.
4. Remove the sock from the sock remover and wash and dry the socks.



Sock Remover continued



This tool is available in any Healthcare Aid store by the compression stocking department. The price can range from \$25 to \$40.

A long shoe horn can also be used if your socks are not too tight.

Items around the house that can be used to help with foot care

There are many items around the house that can be used to create basic foot care tools and good news, you probably have some laying around!

Toe Dryer

WHAT YOU WILL NEED

- Paint stir stick
- Disposable dish cloth
- Elastic band



STEPS

1. Apply a piece of disposable dish cloth on the end of the stick.
2. Secure it with tape or an elastic band (does not matter what kind).

These sticks can be used to dry between your toes to prevent fungal growth, caused by too much moisture.

Hair Dryer

Using a hair dryer is an easy and efficient way of drying between your toes and other areas that are not easily reached with a towel.

- Hold the dryer at a comfortable distance from your foot. Put the hair dryer on the coolest setting. Spread your toes so the air can easily get between your toes.



Making your own sock applicator

Do you have trouble putting on your socks? There is a simple way to make your own sock applicator. All you need is a plastic place mat or a flexible cutting board.

WHAT YOU WILL NEED

- Template (provided by your Footcare nurse)
- Plastic place mat or flexible cutting board
- Laces or rope
- Scissors



STEPS

1. Use the template and trace it on a place mat or flexible cutting board. Use a pair of scissors to cut the pattern out.
2. Using the tip of the scissors or the tip of a sharp knife, place two holes as indicated on top of the design.
3. Use a piece of medium grit sanding sponge or sand paper to remove the sharp edges.
4. Put the laces through the openings. These will be used for handles to pull up the socks.



Items around the house that can be used to help with foot care continued

5. Apply the sock over the bottom of the puller and hook the top of the sock over the wings.
6. Sprinkle baby powder on the puller and slide your foot into the applicator.



Extension for a foot file

If you can't reach your feet, this is an easy way to make your foot file longer.

WHAT YOU WILL NEED

- paint stir stick
- duct tape
- foot file



STEPS

1. Use a piece of duct tape to tape the foot file to the end of the paint stir stick.

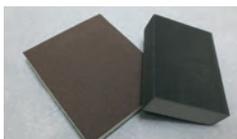


Foot File

If you do not have a foot file, you can make your own with cloth sand paper 180 grit, 150 grit or a fine grit sanding block.

WHAT YOU WILL NEED

- paint stir stick
- sand paper block or sand paper
- duct tape



STEPS

1. Cut a piece of sand paper and glue directly to the stick.
 - If you have a sanding block, using a sharp knife cut one end of the block so that a paint stick can be placed and tape it to the end of the stick.



Lotion

Applying lotion is important to keep your skin soft and to keep it from cracking.

There are two ways to help you apply lotion to your feet if you are unable to reach them.

APPLYING LOTION WITH A TOWEL

WHAT YOU WILL NEED:

- A long towel
- Piece of plastic shower liner or saran wrap
- Needle and thread, sewing machine or duct tape



STEPS

1. Using a piece of a long towel, sew a piece of plastic shower liner or tape in a piece of plastic wrap in the centre of the towel.



TO USE

1. Apply the lotion in the centre of the plastic.
2. Place your foot on the towel and pull the towel from side to side, moving your foot back and forth to apply the lotion.
3. Rub the top of your other foot with the foot that has just had lotion applied.
4. Repeat with your other foot.



Items around the house that can be used to help with foot care continued



If a towel is not available, a garbage bag or plastic bag can be used to apply lotion to your feet. If the bag is small, all you need to do is cut the sides of the bag and fold the bag in three length wise. Apply the lotion the same as directed on the previous page.

APPLYING LOTION WITH A PAINT ROLLER

Putting on lotion to anywhere that is hard to reach can be made easier by using a long handled paint roller.

WHAT YOU WILL NEED

- Paint roller
- Plastic wrap
- Lotion



STEPS

1. Place plastic wrap on the sponge part of the roller.



Items around the house that can be used to help with foot care continued

2. Put lotion onto the roller.
3. Roll the lotion on to the feet top and bottom, as well as your legs.
4. Rub your feet together until the lotion is rubbed in.



