

The Foot Book



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. Feedback from patients who participated in our foot care
groups also provided valuable input for the content of the Foot Book,
along with the College of Podiatric Physicians of Alberta.

Copyright © 2017

You are advised to consult a medical doctor before acting on the basis of material contained
in this book. The Edmonton North PCN disclaims any responsibility for any loss suffered by
a person, which results from the failure to consult a medical doctor.



What's Inside...

Foot Care Introduction	2
Preventative Foot Care	3
Basic Daily Foot Care	3
Purchasing New Shoes	4
Purchasing Work Boots	6
Socks	8
Going for a Pedicure	9
Common Foot Problems	11
Bunions	12
Corns	13
Calluses	15
Plantar Warts	16
Toenail Problems	17
Exposed Feet	22
Diabetes and Your Feet	25
Foot Pain	27





Foot Care Introduction

Welcome to **The Foot Book**. Our feet are the one part of our bodies that we take most for granted. How we take care of them affects our overall health.

When our feet hurt, it can affect our day and how we complete all those things we must do in a day. Sometimes pain can travel to other parts of our body and can cause problems.

This book will give you information on what matters most to you about your feet. It offers advice on daily foot care, what to do about foot pain, how to treat common foot problems, and how to purchase new shoes or work boots. The information is designed for everyone, because if we do not care for our feet, it can directly impact our daily activities. We rely on our feet to take us everywhere we go.

Do you need a family doctor?

Having a regular family doctor is vital to maintaining your health. If you are currently looking for one, try www.Albertafindadoctor.ca. This website will allow you to search for a new doctor by distance, which PCN they are associated with, if you have a male/female preference or by languages spoken.

How a Foot Care Nurse Can Help

A Foot Care Nurse is a Licensed Practical Nurse, Registered Nurse or Occupational Therapist that has had additional education to care for feet. They are able to do assessments, do conservative care for nails, corns and calluses. They also will teach patients and family members how to care for the feet as well as prevention of foot complications.

How a Podiatrist Can Help

Podiatrists are physicians who have been trained to prevent, diagnose and treat foot ailments from minor conditions such as corns, calluses, or ingrown toenails. They also treat more serious foot problems such as injuries, deformities or side effects from conditions such as diabetes.

What is a PCN?

A Primary Care Network (PCN) is made up of doctors and healthcare professionals working together to improve community health. If your doctor is a member to a PCN, you can access a wide range of services including support from mental health professionals, dietitians, exercise specialists, nurses and pharmacists.

Preventative Foot Care

Healthy feet start with you properly taking care of them. People often forget that their feet need to be cared for and that starts with some basic tips.

Once your feet are clean and dry, follow these simple steps:

- 1.** Take a good look at your feet for open cracked skin, calluses and anything that appears abnormal
- 2.** Look at your nails. Do they need to be trimmed? When cutting your nails follow the natural curve of the nail
- 3.** File your nails using an disposable, single-use emery board to remove the rough edges and to shape them. When filing, go in one direction only. Going back and forth can cause your nail to splinter and peel
- 4.** Use a paddle file to remove dry, flaky or built up skin on the soles of your feet. This works best when your feet are dry. *Ensure you are disinfecting the paddle file after every use if you are not using disposable*
- 5.** Apply lotion to your feet. This will help maintain the moisture in your skin. If you are diabetic, be sure you don't get lotion between your toes
- 6.** If the skin on your feet is really dry, apply lotion in the morning and evening. Wear socks for at least one hour after putting the lotion on
- 7.** If your heels are really dry and prone to cracking, apply Flexitol Heel Balm or Uremol to help return the moisture balance



A basic nail care kit should consist of:

- *Nail nipper, not a clipper as it is harder to shape the nails and it takes large pieces of nail.*
- *Nail file to smooth the nails*
- *Foot paddle to remove dry skin on soles of your feet*
- *Lotion or cream to moisturize your feet (non-scented lotion is preferred)*

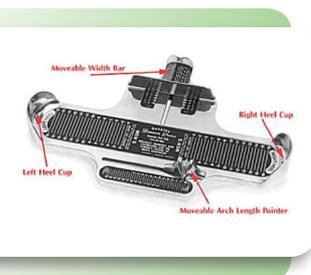


Purchasing New Shoes

Having properly fitting shoes is important for good foot health. It doesn't matter if you pay \$30 or \$200 for shoes as long as they have certain characteristics and fit properly.

Following these simple steps will help you to buy the best fitting and most comfortable shoes.

1. Try on new shoes in the afternoon as your feet may swell five to eight percent throughout the day
2. If you wear orthotics, be sure to bring them with you
3. Have both feet measured for length and width as one foot may be slightly larger than the other, which is normal. Buy the size that fits the larger foot
4. The shoe should have a good heel counter. This means that the heel cup should be stiff to support your heel properly



5. The shoe should have a good shank. This is a bar on the bottom of the shoe which goes from the heel to the centre of the shoe. When you bend the shoe, the only part that should bend is from the middle of the shoe to the toes
6. The inner sole of the shoe should be removable so you can put an orthotic or other shoe inserts in your shoe
7. Shoes should have laces or Velcro and tied snugly to support your foot
8. They must be comfortable to walk in. Make sure you walk around the store for 15 minutes or longer to ensure the shoe is comfortable and fits properly



It is important to care for your shoes. The inner sole of the shoes should be removed and cleaned periodically. You can wash them with mild soap and water and allow them to dry overnight. Or, you can use peroxide and spray the insole and allow them to dry. Then re-spray and wipe the residue away and dry.



Once your shoes or work boots get worn down to the point where the soles of the shoes no longer have treads or have holes in the fabric or in the sole, it is time to replace them (no matter how comfortable they are). If they are not replaced, you may be more prone to injury.





Purchasing Work Boots

Work boots, hard hats, safety glasses and other safety gear are required for the job site. This information will help you when you buy new boots.

Work boots

- Are required as part of worksite safety equipment
- Need to be CSA approved and the correct type for the work standards
- Protect your feet from falling objects
- Have two main types of toe, either steel or composite

Before buying work boots, be sure to check your company standards for what is allowed on your job site.

When trying on boots

- Look for boots made of thick tough leather
- If working outdoors, look for a waterproof boot as a non-waterproof boot can be damaged with a small amount of water. This can change the safety capacity of the boot
- Make sure the ball of your boot is well covered by the steel or composite toe without squishing your toes
- Your heel should not slip or rub inside the boot
- Look for higher boots as they offer more protection
- You want to be able to crouch or squat, move sideways or backwards comfortably
- You want ½ inch space at the end of the longest toe

The Canadian Standards Association (CSA) has been using symbols on safety footwear for more than 30 years. Each shape & color represents specific safety criteria for all safety footwear and apparel purchased in Canada.

- *Serialized label indicates certification by CSA International*
- *Available only through CSA*
- *Will be side stitched or heat sealed to the top of the tongue or inside the quarter lining of the right shoe*



Steel Toe vs. Composite Toe

When you are buying work boots, they typically have two different types of toes, steel or composite. Deciding which ones you will purchase are determined by a number of variables:

Steel Toe

- 1 ½ - 2 ½ inch steel plates are available
- Makes the boot heavier
- Colder in the winter
- Good for working in areas where there is the hazard of things being dropped on your foot

Composite Toe

- Lighter than steel
- Does not contain any form of metal. Kevlar, plastic and carbon fibre are used to construct the cap
- Does not get cold in the winter
- For those who work with electricity or pass through metal detectors daily

When to replace your boots

It is important to recognize when your work boots need to be replaced.

1. Once the seams break. Broken seams will affect performance and safety
2. Once the soles start to wear down as the soles will lose the protective affect from punctures
3. When the soles wear down. This could cause you to go off balance when working on uneven terrains

Make sure your work boots are dry every time you put them on. Use a boot dryer each night or if you can, purchase two pairs.





Socks

Socks are important to help protect your feet and keep them warm.

Socks also:

- Absorb moisture
- Provide padding and cushioning
- Support your feet – especially the arch
- Reduce the chances of blister
- Can keep your feet cool in summer and warm in the winter
- Can protect your lower leg from rubbing on the tops of boots if wearing crew length socks.

We recommend purchasing socks that contain merino wool or cool max material as they absorb moisture and help to keep your feet dry.

If you have diabetes, sensitive or poor circulation, choose socks that are seamless and non-binding.



Going for a Pedicure

People go for pedicures for a number of reasons. It is very important to educate and protect yourself from potential complications. This is especially important if you are prone to infections, have diabetes or any other disorder that could become problematic if an injury should happen.

While complications are rare, you should be aware that you may be exposing yourself to plantar warts, athlete's foot, Hepatitis B and C, HIV, staph infections, and fungus.

Below are some questions you should ask when booking a pedicure.

Are the tools cleaned and sterilized after each use?

Yes, tools should never be used on more than one client without being cleaned and sterilized. Proper sterilization means the instruments are put into a pouch and heated to 270 degrees. This kills all the bacteria on the tools.

Do you change the files and buffers after each client?

Yes, each client should receive new or sterilized files and buffers.

Are emery boards disposed after each client?

The emery boards should be packaged individually and new ones are used on each client. They should be opened in front of each client.

Are the basins disinfected with a high level disinfectant after each client?

Yes

Are the filters in the basins removed on a daily basis, to clean debris from the screen?

Yes





The following should be avoided when getting a pedicure:

- Women should not shave their legs 24 hours prior to going for a pedicure as it opens the skin to bacteria
- A credo blade (pictured below) is a tool used to remove thicken and callused skin from the heels. The Esthetician should not use a credo blade as this could leave you vulnerable to injury and potential infection
- Paraffin wax treatment should be avoided. This is very important if you have decreased sensation from diabetes or other nerve disorders as you may not be able to gauge the temperature of the wax or how your skin will react to it. This treatment could cause blistering of the skin and leave you open to injury and infection



A credo blade or Dremel rotary tool should only be used by trained healthcare professionals.





Common Foot Problems

The following information describes some common foot problems, what causes them, how to prevent them and treatment options.



Bunions are caused when there is pressure on the big toe joint pushing it outwards and beyond the normal profile of the foot



Above is moleskin. The image on the right shows the type of padding used for bunions.

Bunions

A bunion is a common, painful toe problem which can interfere with footwear and cause pain on the inside of the foot.

Description

- A bone displacement that causes the big toe to turn inwards, creating a bump at the base of the big toe.
- Forces the toes to crowd
- Can be very painful when rubbed against the side of the shoe
- Can cause the great toes to over/under lap the second toe
- Can also occur on the fifth toe as well (called a bunionette or tailor bunion)

Cause

- Wearing shoes that are too tight or high heeled
- Wearing shoes that are pointed at the toe box as they squeeze toes into an unnatural position can worsen the bunion or cause increased pain
- Can be inherited

Prevention

- Wear proper fitting shoes

Treatment

- Wearing proper fitting shoes that do not compress your toes
- Padding on the bunion itself (silicone, moleskin)
- Avoid high heel shoes
- Orthotics may help to remove the pressure on the bunion
- Surgical intervention is the only option to remove the bunion if it is painful



Corns

Corns are painful areas of thickened skin that appear between the toes and on the soles of the feet.

Seed or hard corns

Description

- Often occurs on the ball of your foot and on the joints of the toes if you have claw or hammer toes
- Can feel like a stone under the foot
- Can be mistaken for a wart

Cause

- Improper walking motion, ill-fitting shoes or walking barefoot
- Constant pressure on the area causing dead skin cells to compact and become hard forming a rock like centre

Treatment

- Only require treatment if they become painful
- Filing them down as they begin to get bigger
- A foot care nurse/doctor/podiatrist can trim them down

Prevention

- Properly fitting shoes and orthotics may be required to change how you walk
- Padding such as mole skin can be used
- Most corns disappear with the removal of pressure on the area





Soft Corns

Description

- Whitish patch of thickened skin with a soft rubbery texture
- Can look like an open sore
- Usually between the toes. Common between the forth and fifth toes
- Can be painful when pressure is applied from wearing shoes

Cause

- Pressure on a bony surface under the skin

Treatment

- Soak the affected foot in warm water and use a pumice stone to remove the soft skin
- Place padding in between the toes (eg. toe separators (silicone or foam), bandaid, or moleskin)
- A foot care nurse/doctor/podiatrist can trim them down

Prevention

- Wear properly fitting shoes that have a wide toe box

Calluses

Calluses are areas of thickened skin caused by repeated friction and pressure.

Description

- Hard rough feeling area of skin that can develop on the hands or feet
- Can cause a pressure area causing pain when walking

Cause

- Dead skin cells that are compacted with constant friction
- Wearing ill-fitting shoes

Treatment

- Using a file over the callused area as it starts to build up
- Apply padding over the area will reduce the friction over the callus
- A foot care nurse/doctor/podiatrist can trim them down

Prevention

- Have both feet measured for length and width and buy your shoes $\frac{1}{2}$ inch longer than the longest toe on your feet
- Replace or repair worn out shoes
- Women should avoid wearing pointed high heel shoes





Plantar Warts

Plantar warts are painful skin growths on the soles of your feet.

Description

- Present as small red/black dots
- Can be painful when pressure is applied and can take a long time to heal

Cause

- Caused by a virus which is contagious and often contracted in wet areas such as swimming pools

Treatment

- Salicylic acid softens the wart so that the skin can be rubbed off. If you have diabetes, do not attempt to use salicylic acid
- Liquid nitrogen freezes the wart but can be painful
- Lasers/other options available from your doctor or podiatrist

Prevention

- Wear water shoes when going swimming
- Do not share your shoes, socks or razor
- Dry your feet well and wear moisture absorbing socks
- Wear water shoes in public showers
- After you go to the pool, wipe your feet with disinfectant wipes

Toenail Problems

Toenails provide a protective covering for your toes. Sometimes that covering can become injured or diseased. The following describes some problems that can affect your toenails.

Involuted Toenails

Description

- Has a very pronounced curve, and digs sharply into the side of the toe. This may lead to a greater chance of developing ingrown nails

Cause

- Improper nail cutting
- Poorly fitting shoes
- Injury
- Genetics

Treatment

- Talk to your foot care nurse /doctor/podiatrist for treatment options

Prevention

- Proper fitting shoes that allow room for the toes to move
- Cut nails with nail nippers along the natural curve of the nail, flush with the skin





Convoluted Toenails

Description

- The toenail begins to roll up into itself and traps the nail bed (skin) in between it

Cause

- Severe injury to matrix (base) of the nail
- An abnormal bony outgrowth within the toe

Treatment

- When trimming nails, be careful as the nail bed is being pinched under the nail plate and you may cut the skin trapped between the nail bed and plate
- Surgery may be required

Prevention

- Wear closed toed shoes to protect the foot from injury
- Wear steel or composite boots when working with heavy equipment or machinery

Ingrown Toenail

Description

- A rough edge or spike of nail pierces into the flesh at the side of the nail
- Swelling and redness may be present and is very tender to the touch
- Can become infected

Cause

- Wearing tight fitting shoes or high heels
- Improper trimming of toenails
- Fungal infection
- Injury
- Genetics
- Trauma to the toe

Treatment

- Seek medical advice from your doctor as surgery may be required

Prevention

- Cut nails with the natural curve of the nail
- When cutting the nails, run your thumb along the end of the nail. If you feel more nail than skin, it is too long. If you feel more skin than nail it is too short





Fungal Nail Infection

Description

- An inflammatory condition caused by fungus
- Damage to the skin at the base of the nail; causing the nail to become discoloured, thickened and brittle with a disorganized growth pattern
- May affect any or all nails

Cause

- Caused by fungus
- Risk factors include: diabetes, weakened immune system, psoriasis, using artificial nails, and smoking
- Pedicures

Treatment

- Treatment prescribed by your foot care nurse/ doctor/podiatrist

Prevention

- Diabetes management – keep your diabetes in check; see a health-care professional regarding your diabetes and your feet at least once a year
- Avoid artificial nails

Thickened Toenail

Description

- Abnormal thickening of the toenail

Cause

- Damage to the nail bed, nail plate or nail root; causing abnormal thickening of the nail that may be discoloured and become detached
- Risk factors include: trauma, psoriasis, rheumatoid arthritis, and cardiovascular disease

Treatment

- Cut your nails using nail nippers, taking small pieces of the nail at a time
- Use a nail file to reduce the bulk of the thickened nail
- Speak with a healthcare professional if the nails become painful or you are unable to care for them yourself

Prevention

- Wear proper fitting shoes allowing room for your toes
- File your nails regularly to prevent sharp edges
- Check your feet regularly for any skin or nail changes





It is very important to pay extra attention to your feet in below freezing temperatures if you have diabetes or any peripheral vascular disorder (the narrowing of blood vessels that restrict blood flow and mainly occurs in the legs).

Exposed Feet

The following provides information on when feet are exposed to certain conditions.

Frostbite

Description

- Red skin – begins as white and turns various shades of red
- Burning sensation
- Consists of throbbing and tingling sensations

Cause

- Occurs when the skin is exposed to below freezing temperatures
- Begins to freeze at -10°C
- Exposed skin will freeze within minutes at temperatures below -20°C

Treatment

- Rewarm the area quickly
- Drink warm non caffeinated fluids
- Seek medical attention as soon as possible

Prevention

- Wear socks and foot wear that are appropriate to the different climate conditions
- Pay close attention to your feet and warm them as needed according to the temperature outside

Athletes Foot

Description

- Fungal infection of the skin
- Can spread from one person to another

Cause

- Wearing tight, non-breathable foot wear
- Bare feet in locker rooms or swimming pools

Treatment

- Keep feet clean, dry and cool
- Wear moisture absorbing socks (merino wool)
- When possible remove your shoes and allow your feet to cool
- Change socks when they are wet

Prevention

- Do not wear foot wear that is too tight
- Wear moisture absorbing socks
- Dry well between toes





Cracked Heels

Description

- Very thick callus on the outer edge of the heels
- Thick discoloured skin that opens with added pressure
- Painful when walking
- Can be itchy

Cause

- Walking barefoot or wearing open back shoes
- Inactive sweat glands
- Obesity
- Some medications

Treatment

- File your heels with a paddle when your feet are dry
- Apply lotion to your feet every day. Creams containing urea are very effective. Make sure you do not get lotion between your toes.
- If the cracks are deep, see your foot care nurse/doctor/podiatrist

Prevention

- Wearing socks and closed back shoes
- Filing the heels on a regular basis
- Apply lotion often



Diabetes and Your Feet

Diabetes can cause nerve damage and poor blood flow to your legs and feet. As a result, people with diabetes are less likely to feel a foot injury (ie. cut or blister). Diabetes can also make these foot injuries more difficult to heal. This is why daily inspection of feet and proper foot care is very important.

Below is a guideline to care for your feet if you have diabetes.

Action	What to do
Inspect your feet daily	<ul style="list-style-type: none">• Bring your foot up on your knee or use a mirror with a magnifier• Check for cuts, blisters, redness, swelling or nail problems• If you notice cuts or cracks, have them examined by your physician or foot care nurse as these can become infected• See a foot care nurse or podiatrist once a year or more if needed
Wash your feet daily	<ul style="list-style-type: none">• Test water temperature with your elbow to ensure water is warm, not hot• Use a mild soap• Dry thoroughly with a soft towel• Use the corner of a face cloth to dry between your toes
Moisturize your feet daily	<ul style="list-style-type: none">• Do not apply moisturizer between your toes as this could encourage a fungal infection• We recommend lotions and creams that are non-scented
Cut nails carefully	<ul style="list-style-type: none">• Have a good, easy grip nail nipper that is easy to hold and use• Do not use a clipper as it tends to cut too much nail at a time• Cut small pieces of nail along the natural curve but not too short as this can cause ingrown toenails• File edges of cut nails with a nail file

Action	What to do
Never treat corns or calluses yourself	<ul style="list-style-type: none"> • See a foot care nurse/doctor/podiatrist • Do not use over the counter products without talking to your foot care nurse/doctor/podiatrist
Keep feet warm and dry	<ul style="list-style-type: none"> • Always wear socks in your shoes in winter & rainy weather • Change your socks as soon as possible if your feet get wet
Wear clean dry socks	<ul style="list-style-type: none"> • Wear light colored socks as it is easier to notice drainage from an open sore • Change your socks daily • Wear socks that are not constricting or tight • There are over-the-counter diabetic socks available at drug stores or health care aid stores
If feet get cold at night	<ul style="list-style-type: none"> • Wear socks to bed • Never use heating pads or hot water bottles as there is decreased sensation in your feet
Never walk bare-foot in the house or outdoors	<ul style="list-style-type: none"> • Due to decreased sensation in your feet, protect them by wearing shoes • Wear closed toe shoes with socks
Shake out your shoes and feel inside prior to putting on shoes	<ul style="list-style-type: none"> • You may not feel a rock or foreign object inside your shoe • Wipe the bottom of your feet prior to putting on shoes
Wear properly fitted shoes	<ul style="list-style-type: none"> • Should have a wide toe box • There should be at least ½ inch at the end of the shoe to accommodate for your longest toe • Have both feet measured for proper size • Purchase shoes in the afternoon as your feet swell throughout the day
Get regular foot exams	<ul style="list-style-type: none"> • A yearly foot exam is recommended • Foot care education is also recommended to teach prevention strategies
Take care of your diabetes	<ul style="list-style-type: none"> • Follow a healthy diet • Keep fit by exercising • Monitor your blood sugar • Take your medication as recommended by your physician • If you smoke, consider a smoking cessation program to help you quit



Foot Pain

Foot pain can affect your day to day activities. If you have foot pain, just getting up first thing in the morning can be difficult. Chronic foot pain is pain that continues or recurs over a prolonged period of time. It can be caused by an injury or disease. Some people can function with chronic pain if they have proper pain management. This can include physical therapy and other forms of treatment.

What are some of the causes of foot pain?

- Chronic diseases such as Diabetes or Peripheral Vascular Disease
- Sprains and strains, especially if you are active in sports
- Acute or repeated trauma. This refers to any specific sharp pain with a quick onset or the result of a specific traumatic event, such as stubbing your toe or stepping on something sharp
- Walking on concrete all day
- Wearing steel toed boots
- Being overweight
- Wearing poor fitting shoes



Foot Pain Conditions

Plantar Fasciitis

Description

- A painful swelling of the fibrous band of connective tissue on the sole of your foot
- Tiny tears in a ligament that attaches to the underside of the back of the heel
- This is very common in people with flat feet, which is also known as Pes Planus

Cause

- Over-stressing the fascia in the arch of the foot
- Being overweight
- Associated with certain foot types
- Related to repeated difficult activity that may cause bruising
- Swelling of the back of the heel

Treatment

There are a number of different treatment options for plantar fasciitis, depending on the severity:

Rest

- Take the strain off your feet as much as possible
- Do not do any extra walking and sit as much as possible
- Elevate the affected foot

Ice

- Applying ice will help to reduce the swelling. Use a water bottle and freeze it. While wearing a thick sock to protect the skin from freezing, roll the frozen bottle of water under the foot for 10-15 minutes
- Repeat three to four times a day



There are a number of different treatment options for plantar fasciitis:

- *Rest*
- *Apply ice*
- *Stretching*

Calf Stretch #1

- Stand facing a wall
- Place an object such as a yoga block or foam roll against a wall (optional)
- Place ball of one foot up on object or up against the wall
- Keep leg straight and heel on the ground
- Move hips towards wall
- Hold while breathing four to six deep breathes
- Repeat with other leg



Calf Stretch #2

- Stand facing a wall
- Place an object such as a yoga block or foam roll against a wall (optional)
- Place ball of one foot up on object or up against the wall
- Bend the knee and move it towards the wall while keeping the heel on the ground
- Hold while breathing four to six deep breathes
- Repeat with other leg



Arch Ball Roll – this is useful to massage the muscles in the arch of the foot

1. Place a normal rubber ball or golf ball under the arch of the foot
2. Roll the ball to the ball of the foot and the toes
3. Roll the ball to heel of the foot





Toe Towel Curl

1. Place your foot on a tea towel or face cloth
2. Grab the towel with your toes towards the big toe
3. Repeat grabbing the towel towards the fifth toe
4. Repeat with the other foot, repeating approximately 10 times

Orthotics

Orthotics is an appliance designed to support, straighten or improve the function of a body part.

- Designed to fit into your existing shoes by removing the insert that came with the shoes
- If you need to purchase new shoes, make sure to have the orthotics with you



Night Splints

A night splint (pictured left) holds the plantar fascia and Achilles tendon in a lengthened position overnight to help with stretching. This is more common in severe cases of Plantar Fasciitis or other disorders affecting the soles of the feet.

Medications

1. Non-steroidal anti-inflammatory drugs (NSAIDs)
 - Using ibuprofen (Advil, Motrin) and naproxen (Aleve) may ease the pain, though they will not treat the underlying problem
2. Corticosteroids (to be prescribed and administered by a doctor)
 - Delivered by an injection
 - Multiple injections are not recommended as they can weaken the plantar fascia and cause it to rupture and can also shrink the fat pad covering the heel bone

Prevention

- Maintaining a healthy weight
- Wearing properly fitted supportive shoes
- Avoid going barefoot especially on hard surfaces
- Wearing shoes inside the house will go a long way to absorb the shock of walking and help prevent foot pain



Heel Spurs

Description

- A calcium deposit on the underside of the heel bone
- They are often painless but can become painful and are often associated with Plantar Fasciitis
- Pain is described as a knife or pin sticking into the bottom of the foot, especially first thing in the morning

Cause

- Walking abnormalities that place excessive stress on the heel bone, ligaments and nerves near the heel
- Running or jogging on hard surfaces
- Inadequate warm up prior to exercising
- Poor physical conditioning
- Poorly fitted or worn shoes
- Obesity

Treatment

- Orthotics
- Stretching
- Proper fitting shoes

Prevention

- Stretching your calves and heels
- Good strength and endurance
- Ideal body weight
- Avoiding activities that place a constant strain to the feet
- Wearing properly fitting shoes with a good arch support

High Arched Feet

High arched feet, also known as Pes Cavus, is the opposite of a flat foot (Pes Planus). It typically happens at an early age and affects both feet. Affected feet are not able to absorb the shock of the heel strike during normal walking. This can affect the knees, hips and lower back.

Description

- When a person with a high arch stands, their instep looks hollow
- Most of the weight is on the heel and the ball of the foot
- Your foot may roll outwards or the heel will tilt inwards from behind
- Painful balls of the feet
- Claw toe formation
- Callus build up on the heads of the toes and the balls of the feet
- Corns on the tops of the toes from being in a hammer position
- Difficulty finding proper fitting shoes
- Instability in the ankle

Cause

- Hereditary (runs in the family)
- Congenital condition such as cerebral palsy or club foot
- Neuromuscular disease such as poliomyelitis or Charcot-Marie-Tooth disease
- Nerve trauma



Image:
healthandfitnesstalk.com

**Treatment**

- Orthotics help to increase the foot surface area contacting the ground
- Wearing padding to remove the pressure for the balls of the feet, especially if the toes are clawed
- In severe cases, surgical intervention may be considered

Prevention

- As high arched feet are caused from a hereditary condition, there is no preventative measures you can take



Metatarsalgia

Description

- Excess pressure on the ball of the foot that can cause pain and swelling in the bones of the foot

Cause

- Activities that involve running or jumping
- Wearing poorly fitting shoes

Treatment

- Ice and rest
- Wearing properly fitting shoes and arch supports with shock absorption
- Use a metatarsal pad, along with an orthotic. A metatarsal pad is made of silicone and is placed in between the third and fourth toe. There are also metatarsal pads that sit inside the shoes to provide support to the metatarsal region of the foot

Prevention

- Wear proper fitting shoes, especially when performing activities that involve running or jumping



Image: pedistep.com

The Foot Book was created by the



For more information on PCNs or
to find a PCN in your area, please visit
www.pcnpmo.ca