

Care of Feet Self-Management Plan

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|------------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Check your feet every day | <input type="checkbox"/> Keep your feet clean |
| <input type="checkbox"/> Apply lotion daily | <input type="checkbox"/> Wear shoes |
| <input type="checkbox"/> Wear well-fitting shoes and socks | <input type="checkbox"/> Avoid soaking your feet |

Green Flags – All Clear

What this means ...



- If:
- Checking feet daily
 - Applying lotion

Good work!

Yellow Flags – Caution

What this means ...



- If:
- Itching, redness, cracking of skin on feet
 - Thick, yellow toenails
 - Changes in temperature, cold feet
 - Pain in feet/toes not relieved by medication
 - Red, ingrown toenail(s)
 - Thick, hard build-up of skin on the foot (callous)
 - Sores on feet or legs are not healing
 - Pain in feet or problems walking

If you notice a Yellow Flag, work closely with your health care team.

Indicate you need for follow-up:

Health care provider, physician, Nurse Practitioner, or other healthcare provider if symptoms do not improve.

Name:

Number:

Instructions:

Red Flags – Stop and Think

What this means ...



- If:
- Red, swollen foot
 - Cannot lift the foot upward from the heel
 - Pain in calf, leg tenderness
 - Fever, chills
- If you notice a Red Flag, call health care provider

***Could be a blood clot, infection, or some other health issue

You need to be evaluated quickly by a health care professional. Notify your health care provider's office, or go to emergency room or urgent care clinic

Provider:

Number:

Feet Care Facts

- The human body is made up of 206 bones and 52 of these are found in your **feet** (26 in each **foot**). In addition to 26 bones, each **foot** also has 33 joints and over 100 muscles, ligaments, and tendons.
- There are approximately 250,000 sweat glands in the feet, and on average, they put out about 1 cup of moisture in one day.
- The most common ailments of the foot include ankle sprains, calluses, toenail problems, and plantar fasciitis(Plan-tur fas-e-I-tis), an inflammation of a thick band of tissue that connects the heel bone to the toes.
- Your skin is your first line defense against infections. Soaking feet often damages the skin and should be avoided.
- If your feet are well-aligned, your toes will point straight ahead when you walk. The first point of contact is your heel, then the outside border of your foot, then the ball of your foot, and finally the big toe.
- Custom fitted foot orthotic(s) (arch supports) can help to support, stabilize, and balance the foot, ultimately improving foot alignment and gait patterns. It is recommended to replace an orthotic every 6-12 months. Note: you are using over the counter shot insert these need to be replaced more frequently.
- Heart disease can impact how the heart pumps fluid, and a person might notice swelling in feet and ankles. When this happens, shoes and socks can become tight and circulation is restricted. Shoe pressure on the bony parts of the foot can lead to pressure injuries and foot ulcers/sores. If you have arthritis or osteoarthritis, you may have foot pain caused by degeneration of cartilage. This can impact your ability to walk safely and puts you at risk for injury. Arch supports may help with this condition.
- Other foot problems can include the following:

Abscess (formation of pus under the skin)	Cracked heels
Bone Infection	Hammertoes
Bunions	Skin infection(cellulitis)
Corns	Ulcers (sores) that do not heal

There are many additional factors for those who have diabetes, including nerve damage(neuropathy) and poor circulation. For untreated diabetes, a serious foot condition can result. This is known as Charcot foot, which is a condition in which the bones of the foot are weakened enough to fracture. With continued walking, the foot eventually changes shape. As the disorder progresses, the joints collapse and the foot takes on an abnormal shape, such as a rocker-bottom appearance.

What can you do?

- Wash your feet daily and dry well between the toes.
- Apply a “good moisturizing cream” which softens skin so that antifungal medication can work better.
- Wear socks made of natural fibers like cotton or wool instead of synthetic materials to help create a more breathable environment. Cotton or wool blend is better as these fibers protect the feet while allowing moisture or sweat to evaporate as well.
- Wearing properly fitted footwear is very important to your foot health.

Aging and Disability Services (ADS)—the Area Agency on Aging for King County— plans, coordinates, and advocates for comprehensive services for older adults, family caregivers, and people with disabilities throughout Seattle and King County.

For more information, call 1-844-348-5464 or e-mail info@communitylivingconnections.org



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