

What You Need to Know to Keep Your Feet Happy



Your feet are pretty small compared to the rest of your body. But they can cause big problems. Taking care of your feet helps ensure a more active lifestyle which contributes to a better quality of life.

Here are some tips to keeping your feet happy.

TIPS FOR EVERYDAY

- 1. Use appropriate, well-fitting footwear.**
- 2. Wear clean socks.**
- 3. Keep your feet clean.**
- 4. Exercise your feet.**
 - Walking is great for feet.
 - Sit down and rotate your ankles in one direction, then the other.
 - In bare feet, sit in a chair and curl your toes, then spread them out. This helps strengthen your feet and will help with your balance.
- 5. If you're overweight, try to lose weight.**
- 6. Avoid standing long hours.**
- 7. When exercising or playing in sports, build up gradually;** don't go too far or too fast. Always warm up properly beforehand.
- 8. If you have diabetes, examine your feet regularly for problems** like cuts, bruises, blisters, sores or swelling.



SOURCE: NIH NEWS IN HEALTH

WHEN TO SEE A DOCTOR

Numbness or lack of feeling in your feet as it could be a sign of diabetes or a nerve disorder

Pain that is severe, comes on suddenly or doesn't improve with rest or over-the-counter pain medication

Cuts, sores, bruises or swelling that does not go away

Bryan Monier, MD is a fellowship trained attending orthopaedic surgeon specializing in care of the foot and ankle and lower extremity trauma at Mansfield Orthopaedics at Copley Hospital. He is skilled in working with athletes, trauma, and geriatric patients. Dr. Monier is an expert in total ankle replacements.



555 Washington Highway, Morrisville, VT 05661
6 North Main Street, Waterbury, VT 05676
802-888-8405 | 802-888-8406 Fax | copleyvt.org/orthopaedics