

Foot Care

The foot has 26 bones, 33 joints, and more than 100 tendons, muscles, and ligaments. Feet must last a lifetime and most Americans log an amazing 75,000 miles on their feet by the time they reach age 50.

To keep feet healthy:

- Examine feet regularly
- **Wear comfortable shoes that fit properly**
- Wash feet daily with soap and lukewarm water
- Trim toenails straight across and not too short

Orthotics

Orthotics are shoe inserts that are intended to correct an abnormal or irregular walking pattern. They perform functions that make standing, walking, and running more comfortable and efficient by altering slightly the angles at which the foot strikes a walking or running surface.

- A rigid device is designed to control function.
- A soft device helps absorb shock, increase balance, and take pressure off uncomfortable or sore spots.
- A third type provides dynamic balance of the foot while walking or participating in sports.

Diseases that can affect feet include **Diabetes or Peripheral Vascular Disease-**

Blood sugar levels that are high can damage nerves or blood vessels. Nerve damage can cause loss of feeling so a cut, sore, or blister could cause ulcers or infections. Damage to blood vessels means poor circulation and less blood and oxygen to the feet making it harder for the feet to heal.

Psalms 119:105

“Thy word is a lamp unto my feet, and a light unto my path.”

Provided by Community of Christ Health Ministries Association
816-833-1000 ext 1262 HMA@CofChrist.org

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Painful Conditions of the Feet-

Bunions- hard painful bumps on the big toe joint or at the outside of the foot behind the small toe



Hammertoes- toes that curl downward into a claw-like position caused by an imbalance in the tendons or joints of the toe



Calluses and Corns- thickened skin from friction or pressure
Plantar Warts- warts on the sole of the feet
Fallen Arches- also called flat feet
Athlete's Feet- a fungus that thrives in warm humid conditions
Bacterial Infection- found on warm, damp feet
Gout- inflammation of a joint, most commonly the big toe joint with severe pain and swelling
Neuroma- benign enlargement of a nerve segment causing burning or tingling in the ball of the foot
Bone Spur- overgrowth of bone as a result of pressure, trauma, or reactive stress of a ligament or tendon

Information from American Podiatric Medical Association, Inc
For more information- www.apma.org/MainMenu/Foot-Health/FootHealthBrochures/GeneralFootHealthBrochures

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