



This sheet is about checking, not exercising. Two minutes a day prevents most serious foot problems.

1 Check both feet every day



Look at the top, the sides and the SOLE of both feet. Use a mirror or ask someone to look for you.

Every day

Takes 2 minutes

✓ Should feel

Skin that is clean and unbroken

✗ Should not feel

Any cut, blister or colour change



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Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only

2

Shake out your shoes



Feel inside both shoes with your hand before you put them on, every single time.

Every time

Before wearing

✓ **Should feel**

An empty, smooth shoe

✗ **Should not feel**

A stone, a nail, a rough seam



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3

Test water with your elbow



Never test bath water with your foot. Use your elbow.

Every bath

✓ Should feel

Comfortably warm

X Should not feel

Never use hot water bottles or heaters



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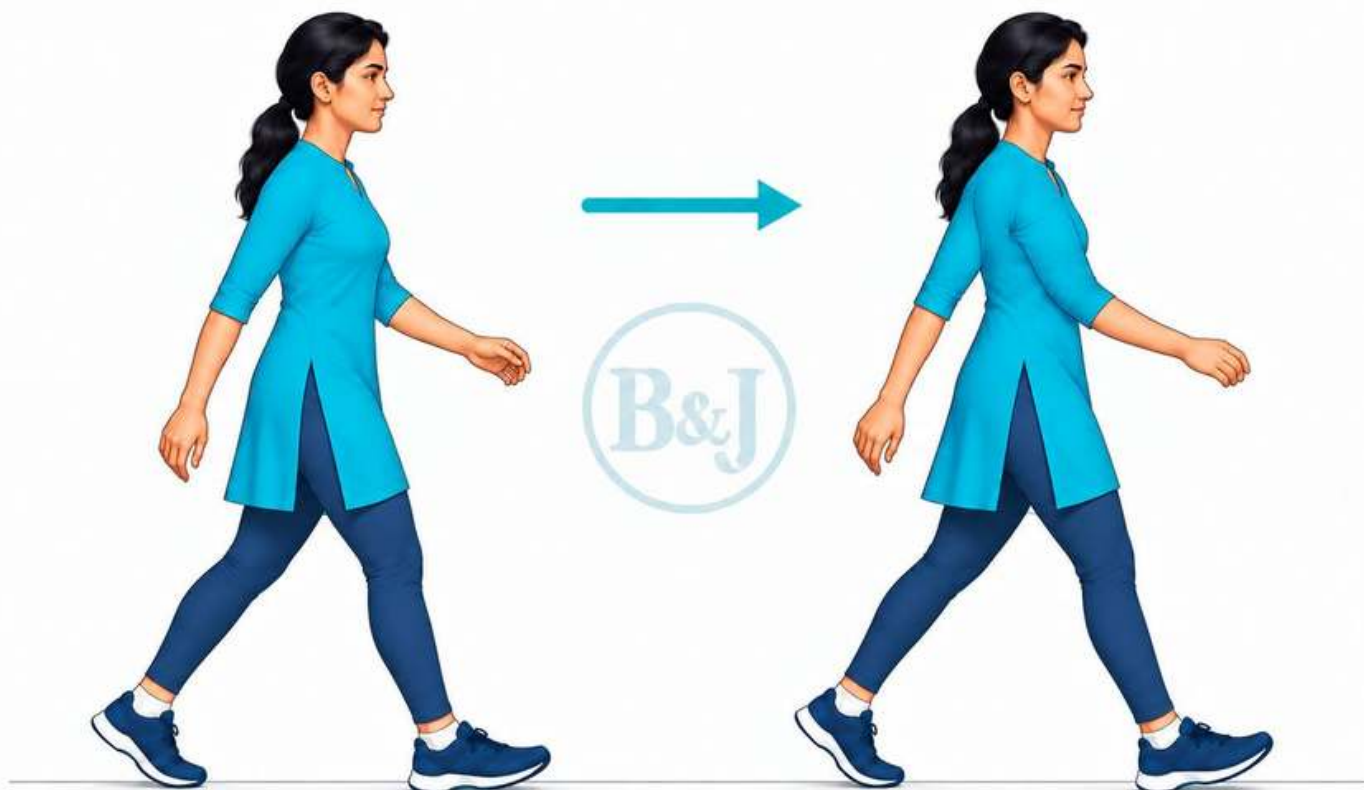
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4

Wear footwear indoors



Keep a pair of chappals by the bed. Never walk barefoot, even at home.

Always

✓ Should feel

Protected feet

✗ Should not feel

Bare feet on any floor

Stop and telephone us if

- **ANY break in the skin, blister or crack — come the same day, even if it does not hurt**
- **A hot or swollen foot, even without pain**
- **Redness, discharge or a black area**
- **A sudden change in the shape of the foot**



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