



Foot Care Recommendations

1. Frequent foot inspection/evaluation results in early detection. Recommend daily to weekly/monthly evaluation depending on risk factors. Evaluate for dry skin, reddened areas, nail evaluation for changes to color and/or thickness, ingrowing nails with or without surrounding infection, wounds, foot odor, sweaty feet/wet socks, foot pain or change in gait pattern.
2. Risk factor assessment/monitoring for diabetes, neuropathy, high pressure areas, biomechanical faults, gait patterns.
3. Supportive shoe gear with frequent shoe evaluation. Minimize bare feet and sock feet.
4. Some individuals would benefit from orthotics (inserts) to further support feet and address biomechanical concerns as needed. Referral to Podiatry to discuss options.
5. Appropriate referral to Podiatrist/foot specialist as needed for foot complaint, risk factor concerns, procedures.