SAVE FEET INDIA

FOOTHEALTH • EDUCATION • PREVENTION

Healthy Feet. Better Life.

FOOT CARE STARTS AT HOME



1 LOOK FOR

Check the tops, soles and between the toes every day
for any **cuts, blisters, redness, swelling and colour change.**
any thing **abormal** -which was not there previously.
Check your footwear daily.
Do Not use Broken footwear - check shoe from inside



2 FEEL FOR

Notice **new pain, heat, swelling or numbness, pain, heat, coldness, tingling or numbness.**
Any **deformity** or **abnormal feeling**.



3 PROTECT

Clean and **dry** your feet.
No walking bare foot.
Wear suitable footwear -Not too lose not too tight
Wear footwear that fits from day one — **no rubbing, pressure or 'breaking in'.**

NEW CHANGE, CUT, BLISTER OR SWELLING? SEEK PROFESSIONAL ADVICE.

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