SAVE FEET INDIA

A QUICK VISUAL GUIDE

ARE YOU MAKING THESE FOOT MISTAKES?

12 everyday habits that quietly affect your feet, balance and mobility.



**Before pain starts,
look at the habits around it.**

Small changes can protect bigger journeys.

Better steps begin with better questions.



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MISTAKE 01

Buying shoes by size only

Your shoe size is only a starting point.



REAL-LIFE FOOT HEALTH MOMENT

Feet change with age, weight, activity and swelling. A familiar number on a box does not confirm that the shoe has enough width, depth or toe room.

THE BETTER MOVE

Try both shoes, walk in them and judge comfort by fit - not by the size label.

Ask: Does this shoe suit my foot today?

MISTAKE 02

Hoping painful shoes will 'loosen'

Pain is not a normal break-in plan.

REAL-LIFE FOOT HEALTH MOMENT

Materials may soften, but a shoe that presses a toe, rubs the heel or feels narrow rarely becomes the right shape for your foot. Repeated friction can create blisters, callus and skin irritation.

THE BETTER MOVE

Choose a comfortable fit from the beginning. A shoe should not need to hurt before it helps.



MISTAKE 03

Using one pair for everything

Walking, work, sport and formal events place different demands on the feet.

REAL-LIFE FOOT HEALTH MOMENT

The shoe that feels fine for a short errand may not provide the stability, grip, cushioning or protection needed for a long shift, training session or uneven surface.



THE BETTER MOVE

Match the shoe to the day: purpose, surface, duration and your individual needs.



One shoe cannot do every job.

MISTAKE 04

Ignoring what you wear at home

Home footwear is footwear too.



REAL-LIFE FOOT HEALTH MOMENT

Many people spend hours in worn slippers, thin flip-flops or barefoot on hard floors. For people with foot pain, reduced sensation or balance concerns, those hours matter.

THE BETTER MOVE

Use stable, well-fitting indoor footwear when it suits your health and home environment.

Your feet do not stop working at home.

MISTAKE 05

Keeping shoes long after their support is gone

A shoe can look fine while its structure has changed.



REAL-LIFE FOOT HEALTH MOMENT

Outsoles wear unevenly, cushioning compresses and heel counters soften. The shoe may no longer guide or protect your foot in the same way.

THE BETTER MOVE

Check the sole, heel and inside lining regularly. Replace footwear when it is no longer doing its job.



Comfort is not the same as support.

MISTAKE 06

Choosing softness and forgetting stability

Soft is not automatically safe or suitable.



REAL-LIFE FOOT HEALTH MOMENT

Very soft footwear can feel pleasant at first but may lack a secure heel, stable base or enough protection for the activity. What matters is the whole shoe.

THE BETTER MOVE

Look for the right balance of fit, purpose, stability, protection and comfort.



Ask what the shoe helps you do.

MISTAKE 07

Ignoring a shoe that suddenly feels tighter

A change in fit can be a useful clue.



REAL-LIFE FOOT HEALTH MOMENT

Feet can swell with heat, standing, travel, health changes or medicines. One foot may also change differently from the other. Do not simply force it into the old shoe.

THE BETTER MOVE

Notice patterns and seek qualified advice if swelling is new, persistent or one-sided.



MISTAKE 08

Walking barefoot when your feet need protection

Not every foot has the same safety margin.



REAL-LIFE FOOT HEALTH MOMENT

Barefoot walking increases the chance of unnoticed cuts, burns or pressure injuries. This is especially important with diabetes, reduced feeling, poor circulation or previous wounds.

THE BETTER MOVE

Protect your feet according to your risks and environment. Check them daily if you have reduced sensation.



Protection matters when feeling is reduced.

MISTAKE 09

Cutting corns or callus yourself

A thickened area is often a sign of repeated pressure.



REAL-LIFE FOOT HEALTH MOMENT

Home cutting, blades and strong chemical products can damage skin - particularly when diabetes, poor circulation or reduced sensation are present.

THE BETTER MOVE

Find and address the pressure cause. Seek professional assessment for painful, recurring or high-risk skin changes.



Do not turn a pressure sign into a wound.

MISTAKE 10

Ignoring burning, numbness or tingling

Symptoms are not always just tired feet.



REAL-LIFE FOOT HEALTH MOMENT

Changes in feeling can affect balance, skin safety and how pressure is noticed. Burning or tingling may have several causes and deserves attention if persistent or worsening.

THE BETTER MOVE

Record when it happens and discuss ongoing changes with a qualified health professional.



MISTAKE 11

Waiting until pain controls your day

Early attention usually gives more choices.



REAL-LIFE FOOT HEALTH MOMENT

Foot pain can alter walking, work, exercise and confidence. Continuing through persistent pain can change the way you move and place stress elsewhere.

THE BETTER MOVE

Notice the pattern: where, when, what triggers it and what makes it better or worse.



Do not wait for pain to become your planner.

MISTAKE 12

Believing foot problems are simply part of ageing

Ageing changes feet - but it should not end curiosity.



REAL-LIFE FOOT HEALTH MOMENT

Pain, numbness, skin changes, unsteadiness and footwear difficulty are common, but they are still worth understanding. Mobility is too important to dismiss

THE BETTER MOVE

Ask better questions early and make small practical changes that support independence.



1

Look

Notice changes in comfort, skin, sensation or walking.

2

Check

Choose footwear by fit, function and protection.

3

Act

Seek qualified advice early for persistent or concerning changes.

Important:

This guide is for education and prevention.
It does not diagnose a condition or replace individual clinical advice.

Seek prompt professional care for a new wound, spreading redness, infection, black or discoloured skin, or sudden changes in feeling or circulation - especially if you have diabetes.

Healthy feet. Better life.

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— HEALTHY FEET, BETTER LIFE —