

Caring for your feet when wearing shoes

Safety boots protect your feet, but they can also cause problems. So what can you do to keep your feet healthy?

1. Wear good quality, well-fitted boots.
Boots are perhaps the most important tool you'll ever invest in –the damage or poorly fitted boot causes just isn't worth all the problems such as: blisters, corns, calluses and athletes foot. So buy good boots that fit you perfectly when you try them on the first time.
2. Use the right kind of socks
Find comfortable padded socks that allow you feet to breathe.
3. After work, remove your shoes
Spend some time moving your feet to help get the blood flowing, there are some great simple exercises that anyone can do.
4. For everyday foot care, make sure you wash and dry your feet thoroughly especially in between your toes.
5. Moisturise every day with a good foot cream.



Simple exercises for feet

This exercise helps to strengthen the muscles in the front of your lower leg (shin).

Pull your foot up like you are trying to touch your toes to the front of your shin.

Then push your foot down like you are pointing your toes toward the floor.

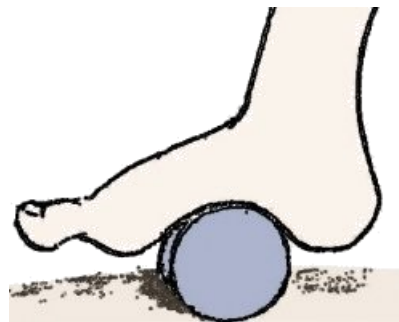


Hold each position for 10 seconds. Start out doing 3 sets of 10

exercises and work your way up to doing 3 sets of 30 exercises.

Try to do the exercises three times per day.

A *great* exercise for sore, aching feet is rolling your feet over a frozen water bottle. The cold helps soothe pain, while the exercise gets blood flow going.



How to keep the odour away

- Air out your feet to keep them dry. The single most common reason that feet smell is that they get wet (usually with sweat).
- Use a foot scrub. In addition to soaking your feet, you can scrub them to reduce the problem of foot odour.
- Dry out your shoes . If you dry out your feet but then stick them inside of sweaty shoes then you're just going to get smelly feet again right away. Air out your shoes before wearing them again.
- Try to find shoes that breathe. You'll reduce a lot of the foot odour problem if you're wearing shoes that breathe well instead of shoes that hold all of that moisture in.
- Change out your shoes regularly. Don't wear the same pair every day. Rotate the shoes that you wear regularly so that you can dry them out naturally between each wearing.
- Apply a foot deodorizer product to your feet.
- Use a deodorizer inside of your shoes. In addition to products that are for your feet, there are deodorizers meant to go into your shoe (powders are the most common type of product).
- Wash your feet at least once per day with soap. The main thing that you need to do is to keep your feet clean. . Take just a few minutes to do this washing and the problem should clear up.



Did you know?

- If lace ends fray making them difficult to thread , hold end over a lighted match for a moment, this should fuse the fibres together.
- Lower backache, headaches, indigestion and a misaligned spine can often be traced to problems with your feet.
- In a pair of feet there are 250,000 sweat glands that produces approximately 500ml of perspiration daily
- 25% of your bones are in your feet

Common foot Injuries



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