

## Checklist

- ◇ Inspect your feet every day
- ◇ Check for sores, blisters, or red spots. Take extra care around the heels, big toe, and in between your toes.
- ◇ Check for rough or calloused areas
- ◇ Check for extremely dry skin. Apply a moisturizer to these areas, but avoid applying it between your toes.
- ◇ Trace along different areas of your foot with a DULL object to check for sensation.
- ◇ Check and shake out your shoes to remove any foreign objects.
- ◇ Check your shoes for any holes and excessively worn away tread.
- ◇ Contact your medical provider if you have any sores, decreased feeling in your feet, or any questions about your foot care.

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Adopted from:

Centers for Disease Control and Prevention. Take Charge of your Diabetes: 9. Foot problems. Centers for Disease Control and Prevention. [www.cdc.gov/diabetes/pubs/tcyd/foot.htm](http://www.cdc.gov/diabetes/pubs/tcyd/foot.htm) Updated May 21, 2011. Accessed March 11, 2012.

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## A STEP BY STEP GUIDE TO BETTER FOOT HEALTH

**THE PATIENT'S AND  
CAREGIVER'S GUIDE**



## Step 1: Daily foot check

It is important to take extra care of your feet to prevent injuries. If found early many serious complications can be prevented. You may have serious problems, but don't feel any pain. That is why it is important to look at your feet EVERYDAY! Always look in between your toes and on the bottoms of your feet. If you can't see the bottoms of your feet, use a mirror or ask for help.

Make checking your feet a normal part of your daily routine. Try checking your feet at the same time every day such as before you eat breakfast or before you go to bed.



## Step 2: Skin Check

During the Skin Check you will try to see if you have any abnormal areas of your feet. Start by checking your feet for sores, blisters, or red spots. Look along the top and bottom of your foot. Make a special note around the heel of your foot, your big toe, and in between your toes. If you see any open sores, you should seek medical attention immediately. Watch carefully on any blisters or red spots. Try to protect these areas by wearing socks and properly fitting shoes.



Next, look for any extremely rough or dry areas of your skin. Rough areas may be located on the side of your feet or under your toes. If possible, gently file these areas down or contact your medical provider to do so. Try to keep any dry skin moisturized, but not wet. Do not apply moisturizer in between your toes.

Next use a dull object, like the edge of a spoon, and trace it along different spots of your feet. If you have trouble feeling the object on your feet you may have problems with sensation (the feeling of your feet) and should be evaluated by a medical provider immediately.

## Step 3: Shoe Check

Walking without shoes should be avoided! Check and shake out your shoes every time before putting them on. This helps remove any objects that you cannot feel in your shoes. When checking your shoes also check for holes or tread that is worn away. This is a sign that you should switch shoes if possible.

The proper fit of your shoes can be checked by inserting one finger behind the heel of your foot while your shoes are on. If you cannot insert one finger into your shoe, your shoes are too small. If you can insert more than one finger into your shoes, your shoes are too big. If possible wear shoes with a protective heel and toe covering. If you have any questions ask your health care provider what types of shoes are good choices for you.

