

How to Care for Your Feet And When to Seek Podiatric Medical Attention



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How to Care for Your Feet

- Give your feet a gentle washing in lukewarm water. Avoid soaking for more than 10 minutes. Ensure to dry between your toes when drying your feet.

- If thick rough skin is present, give it a light scrub with a pumice stone or foot file during or after washing the feet. Do not try to cut these off with sharp instruments.

- If the skin tends to be dry or cracked, apply a good body lotion to the feet after washing to help hold in moisture. But do not put lotion between toes

- If the skin tends to be sweaty, a sprinkling of foot powder helps keep the skin dry. A change of socks during the day may be needed.

- When trimming toenails, be sure you can see what you are doing. Trim the nails straight across. Don't cut down the sides, or cut V's into the free edge.

- Wear shoes that fit. Sizes may vary from brand to brand. When buying shoes always try them on and make sure the width and length are adequate.

- Inspect your feet checking for unusual growths or changes in color, swelling, deformity, corns, calluses, blisters or injuries to the skin. Seek medical attention if needed.

When to Seek Podiatric Medical Attention

Toenail Disorders

- Thick Nails
- Ram's Horn Nails
- Fungal Nails
- Curved Nails
- Ingrown Nails

Thick Nails (Onychauxis)



Ram's Horn (Onychogryphosis)



Fungal Nails (Onychomycosis)



Curved Nails (Involution)



Ingrown Nail (Onychocryptosis)



Skin Conditions

- Calluses
- Fissures
- Corns
- Warts
- Ulcers

Calluses



Fissures



Corns



Warts



Ulcers



Structural Deformities

- Flat Feet
- High Arch
- Bunion
- Hammer toe
- Charcot Foot

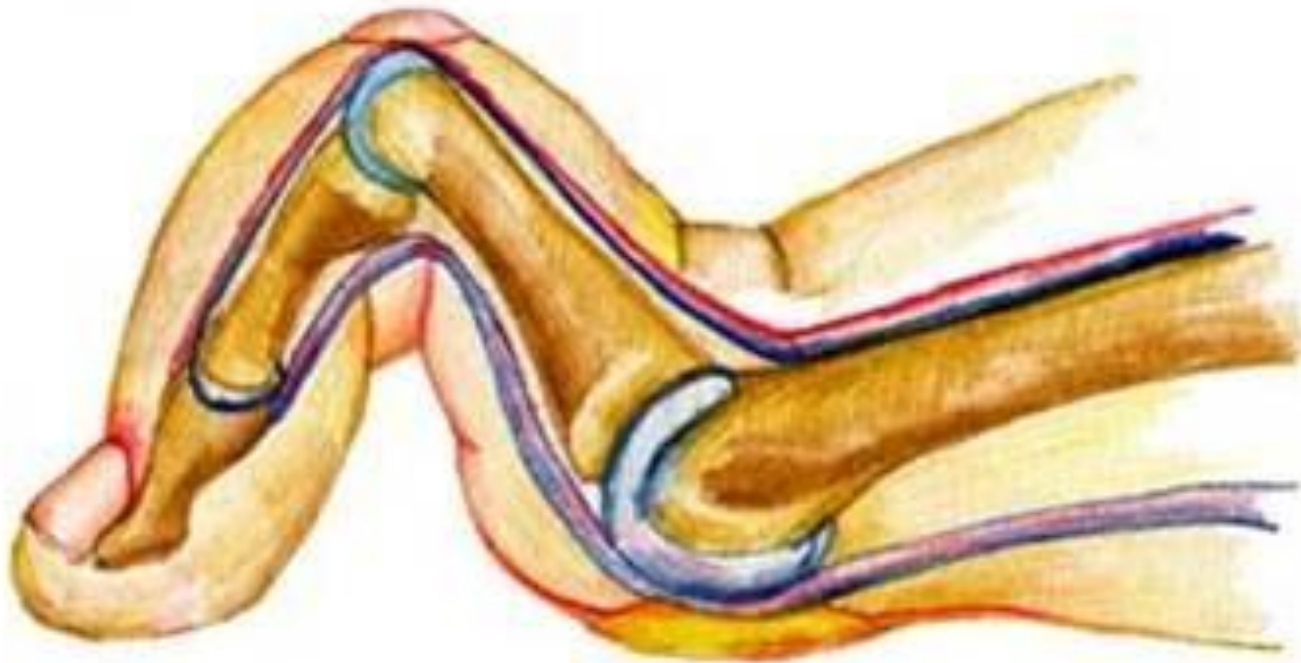
High Arch and Flat Foot (Pes Cavus and Pes Planus)



Bunion (Hallux Abductovalgus)



Hammertoe



Diana Vothova

Charcot Foot



Orthotics



Shoes



Casts



Podiatry is two tiered in Saskatchewan

- The Saskatoon Health Region operates a Publicly Funded Clinic
- There are 4 Private Practice Clinics in Saskatoon

SASKATOON HEALTH REGION **(Publicly Funded Podiatry Clinic)**

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