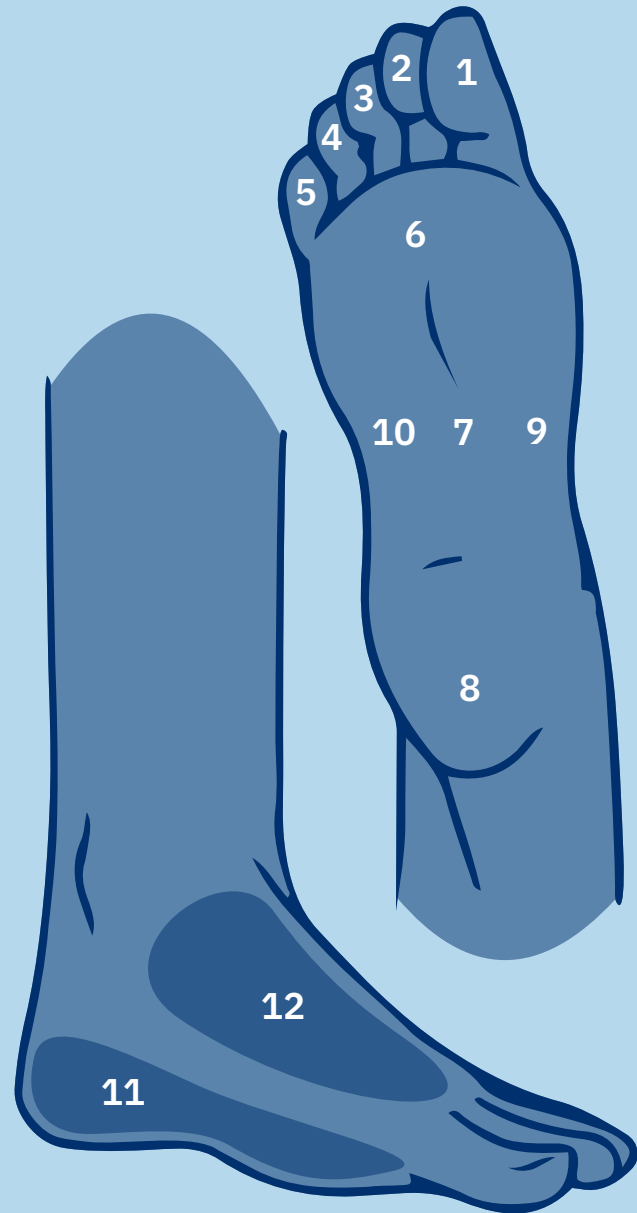


# TAKING CARE OF YOUR FEET

## FOOT CARE GUIDE



### PARTS OF THE FOOT

- 1 Big toe (or great toe)
- 2 Second toe
- 3 Third toe
- 4 Fourth toe
- 5 Pinky toe (or little toe)
- 6 Ball of foot (or forefoot)
- 7 Arch (or midfoot)
- 8 Heel
- 9 Inside of foot (medial or side of big toe)
- 10 Outside of foot (lateral or side of pinky toe)
- 11 Bottom of foot (or plantar surface)
- 12 Top of foot (or dorsal surface)

### TIPS FOR HEALTHY FEET

**Your feet carry you everywhere.  
Healthy foot habits will take you far.**

1. Check every surface of your feet, including between the toes. If you can't see them on your own, use a mirror or ask a caregiver for help. Touch your feet and feel for anything concerning.
2. Reach out to your provider if you notice any changes in your feet. Check with your doctor before self-treatment of any calluses, blisters, and/or aches.
3. If your provider recommends, wear diabetic socks and shoes that fit well. Check your shoes for pebbles or wrinkles in the insert.
4. Stay in touch with the doctor helping you care for your feet. Always reach out to your doctor if you have a concern regarding your feet, and be sure to schedule regular checkups. Ask for a complete foot exam during your appointment.

### Things you should look for

Tell your doctor if you notice any of the following on your feet:

- Open wounds or cuts
- Corns, calluses or blisters
- Dry cracks in the skin
- Ingrown or fungal toenails
- Skin color changes or redness
- New or worsening pain in the foot, ankle, or leg
- Swelling of the foot or ankle
- New or worsening numbness in the feet or toes
- Drainage or bleeding
- An unpleasant or unusual smell

**If you can't reach your doctor,  
you can always call Podimetrics via:**

1-800-468-5980 for Health Plan Members

1-833-203-3777 for Veterans