

10 Tips *from the College of Podiatry to keep your feet in good condition and prevent problems*

Durham House podiatrist, Jane Swales, recommends "See a professional for a foot MOT every six months and never put up with foot pain as if it is normal. Your feet shouldn't hurt."



Wash your feet often

Keep your feet clean by washing them every day in warm soapy water, but don't soak them as this might destroy your skin's natural oils.

Dry your feet well

Dry your feet thoroughly after washing them, especially between the toes which is where fungal infections can develop, such as athlete's foot.

Moisturise and file

If your skin is dry, apply moisturising cream all over the foot, except for between the toes. Gently remove hard skin and calluses with a pumice stone or foot file - don't overdo it though or skin will grow back harder than ever.

Cut toenails carefully

Trim your toenails regularly using proper nail clippers. Cut straight across, never at an angle or down the edges. This can cause ingrown toenails.

Change your socks often to avoid foot odour

Change your socks daily to keep your feet fresh.

Shoe shop in the afternoon

Shop for shoes in the afternoon. Your feet swell as the day goes on. If shoes fit in the afternoon when your feet are at their largest, you can be assured they will always be comfortable.

Footwear tips for work

If you have to wear heels at work, wear comfortable shoes to and from the office and only wear your smart shoes once you're in the office. Also, try to vary the heel height, between low, medium and high.

Limit time wearing high heels

Be shoe savvy. Wear high heels and pointed shoes for special occasions only and always wear the right shoes for the job (so no sandals for mountain climbing!).

Take care with flip flops

You can't wear flip flops all the time. They don't provide support for your feet and can give you arch and heel pain if you wear them too much.

Watch out for foot bugs in communal changing areas

Wear flip flops to avoid catching athlete's foot and verrucas when you use public areas such as gym showers, swimming pools or hotel bathrooms.

Foot pain advice for over 60's

If you're over 60, foot care becomes even more important. Age takes its toll: your skin thins, your joints begin to stiffen and your feet become more vulnerable to the cold. Not only that, but physically, it gets more difficult for us to get to our

