

## Community Care for Central Hastings

*CCCH is a non-profit, volunteer-based agency for seniors and adults with physical disabilities.*

Community Care for Central Hastings offers a Foot Care Clinic that is provided by a Registered Nurse. This service is available to our clients who are diabetic or who have trouble bending, cannot reach or see their feet.

**This service is \$25 and is available by appointment only. Appointments are usually booked 4-6 weeks in advance.**

Your first appointment includes the initial assessment which may take up to an hour. All further appointments are scheduled for 30 minute sessions.

If you go six months without seeing a footcare nurse/specialist you will need to schedule another assessment appointment.

**Please wash your feet prior to each foot care appointment.**

**Please report any medical conditions or medication changes to the nurse.**

## Home Foot Care

Many foot problems can be prevented with a little regular care at home:

1. Wash feet daily in lukewarm water and a gentle antiseptic soap.
2. Use a moisturizing cream on the tops and bottoms of the feet and around the heel. Do not put creams or powders between the toes. Inspect your feet for any rashes, cracks, unusual redness, or swelling.
3. When cutting the nails, follow the shape of the toe. Do not cut them too short and do not cut down the corners. If you cannot reach your feet or cannot see to cut the nails, have a friend or relative help you or book an appointment at one of our foot care clinics.
4. Gently file any calluses each day with a nail file or pumice stone. Do not cut calluses or corns with sharp objects and do not use medicated corn plasters.
5. Report any foot problems to your family doctor and footcare provider.

## If You Are Diabetic

An increasing number of our population are coping with diabetes. Foot health is especially important for people with diabetes because high blood sugars cause loss of feeling (neuropathy) and a decrease in circulation in the feet. You may not feel an injury, blister, or burn on your foot or a foreign object (stone, pebble) in your shoe. Taking care of your feet can greatly reduce the risk of problems. Here are some tips to help keep your feet healthy:

1. Report any changes or injuries to your health care and foot care providers.
2. Keep your blood glucose levels in your target range.
3. Inspect your feet daily for sores, injuries, warm areas, and change in colour.
4. Wash your feet daily.
5. Make sure your shoes have good support and wear socks that fit well.
6. Don't walk barefoot.
7. Avoid crossing your legs.
8. Avoid heating pads and hot water bottles.

## Exercise Your Feet Daily

Like the rest of your body, your feet need daily exercise to stay healthy. Here are four exercises that can help your feet stay healthy.

**Toe Grip:** Drop a sock on the floor and use your toes to grip and lift the sock off the floor. Hold for *10 seconds*, then release. Repeat five times with each foot. This will help strengthen the foot muscles to improve balance.

**Toe Extension:** Wrap an elastic band around all five toes. Expand your toes and hold for *5 seconds*; release. Repeat five times on each foot. This will help strengthen and support the muscles, which will protect the bones of the feet.

**Calf Raise:** Stand near a counter or a doorway and hold on lightly for balance. Balance on one foot and rise up onto your toes. Hold for *10 seconds*; release. Repeat five times on each leg. This will strengthen the feet and the calves and improve balance.

**Frozen Golf Ball Massage:** Freeze a golf ball for a few hours and then roll under each foot for *3 minutes*, while sitting down.

## Call to book an appointment

613-478-CCCH (2224), Ext 5003

## Social Media

[www.ccch.ca](http://www.ccch.ca)

[www.facebook.com/Community Care For Central Hastings](https://www.facebook.com/CommunityCareForCentralHastings)

Instagram: [communitycarecentralhastings](https://www.instagram.com/communitycarecentralhastings)



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# Foot Care Clinics

