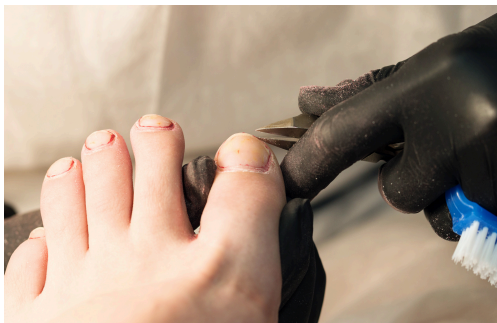


ABOUT US

Community Care for Central Hastings offers a Dry 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, or cannot reach or see their feet.

- \$30 per clinic visit by appointment only
- First appointment includes the initial assessment + health history
- Appointments are typically booked 4-8 weeks in advance
- Please attend appointments with clean, freshly washed feet, with any polish removed.

Please report any medical conditions or medication changes to the Nurse



CALL TO BOOK

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310 VICTORIA ST. N
PO BOX 849
TWEED, ON
K0K3J0
WWW.CCCH.CA



**COMMUNITY CARE FOR
CENTRAL HASTINGS**
HELPING TO MAINTAIN INDEPENDENCE

FOOT CARE CLINICS



FOOT CARE AT HOME

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 any 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 or Foot Care Nurse

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 5 times with each foot. This will help strengthen the foot muscles to improve balance.

Toe Extension: Wrap an elastic band around all 5 toes. Expand your toes and hold for 5 seconds and release. Repeat 5 times on each foot. This will help strengthen and support the muscles that 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 and release. Repeat 5 times on each leg. This will strengthen the feet and the calves and improve balance.

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

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 can 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, or pebble in your shoe). Taking care of your feet can greatly reduce the risk of problems. Here are some tips to 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 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.