To reduce the risk of falls, keep your feet healthy by following these helpful tips.

DON’T IGNORE PAIN

Foot pain is not normal, so do not resign yourself to aching and suffering. For a proper diagnosis and treatment plan, see your local podiatrist if you experience any foot pain or limited mobility.

LISTEN TO YOUR FEET

Inspect your feet regularly for any evidence of ingrown toenails, bruising, swelling, blisters or calluses. If you notice any changes or experience any pain, see your local podiatrist.

KEEP ACTIVE

Simple stretching exercises can help you maintain strength and mobility in your feet and ankles, as well as provide pain relief. Talk to your podiatrist about appropriate exercises for you.

PROTECT YOUR FEET

Be sure your shoes fit correctly – if you need help assessing your shoes see your local podiatrist.

Australian Podiatry Association