

Did you Know? Fun Feet Facts



The skin on the sole of your foot is thicker than anywhere else on your body.

Each of your feet is made up of 26 bones, 19 muscles, 33 joints and 107 ligaments.

A toenail takes 6 months to grow from the base to the tip.

One foot is often slightly larger than the other.

Each foot has over 250,000 sweat glands.

Each foot can produce a small juice carton amount of sweat each day.

Never cut toenails too short this can cause pain and nail problems.

Toenails grow at a much slower rate than our fingernails.

Wearing good shoes helps support the feet and helps them develop properly.

Podiatry Department

Take a Step in the



Footcare Tips for Children



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Your Feet

You might just think they are funny shaped things at the end of your legs, but your feet do an amazing amount of work each day. From the moment you get out of bed in the morning your feet are working for you.

Every step you take, every pedal you turn, every ball you kick, your feet are doing a lot of work. You use your feet to do lots of things, so it's really important to look after them and keep them clean, fresh and healthy.

This booklet is to help you think about your feet. It is full of tips on looking after them and keeping them in good condition.



What is a Podiatrist?

A podiatrist is a person who has had special training in how to care for feet.

It is a podiatrist's job to help children and adults look after their feet in order to keep them healthy. They can offer help and advice for any problems you might have with your feet.

If you have problems with your feet you might have to visit a podiatrist who will be able to help you.



Foot Pain

It is not unusual as your body grows to feel a bit of pain now and again. If you have a lot of pain in your feet or legs, or are uncomfortable walking, running or standing, you should let your parent or carer know.

Diabetes

If you have diabetes it is important to look after your feet. You must make sure you have good control of your diabetes in order to keep healthy. If you do this you will lessen the risk of having feet problems.

Always let your parent or carer know if you have sore parts on your feet.





Common Foot Problems

Blisters

Blisters are like little bubbles of skin full of liquid. They happen when your feet are too hot or sweaty and rub against your socks and shoes. They can be sore but they go away by themselves. You can put a plaster on a blister to help when you have to wear your shoes.

Ingrown Toenails

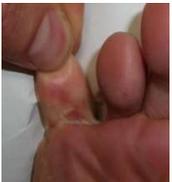
These can be very sore! An ingrown toenail is when the nail on your toe grows the wrong way. It can happen for lots of different reasons, sometimes because your nail was cut too short or your shoes don't fit you well and push your nail into your foot. The skin around your nail will be red and might feel hot to touch.

Verrucas



This is the name given to a lump of hard skin you can get on your feet. Most people catch them from being barefoot in changing rooms in the swimming pool or gym areas. It might take a long time but the verruca will disappear on its own.

Athlete's Foot



It is not just athletes have this problem! It is caused by a fungus. A fungus is like a germ that can make the skin in between your toes itchy, red, cracked and feel sore. You can catch athlete's foot in changing rooms just like verrucas.

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Toe-tally Top Tips To Keep Your Feet Healthy

- 1 Wash your feet every day, remembering to get in between your toes. Dry your feet well, especially between those toes!
- 2 Change your socks every day. Fresh, clean socks are much better for your feet.
- 3 Make sure your nails are cut and kept to a tidy length. Ask an adult for help if you need to.
- 4 Wear shoes that fit you well and are comfortable. Tell a parent or carer if you feel your shoes are becoming too small for you.
- 5 If your feet hurt let a parent or carer know so they can have a look to see what the problem is.

Shoes

You wear shoes to protect your feet. They give you support so that your feet can work hard every day.

You need to feel comfortable in your shoes so it is really important that your shoes fit you properly. Here are some things to remember about your shoes:

You should have room to wiggle your toes in your shoes but your shoes shouldn't feel too big for you.

Shoes should have a good heel (the part at the back of the shoe). It gives you support and stops your foot slipping out of your shoe.

Shoes with laces, buckles and straps are great! These give even more support to your foot.

Always undo laces, buckles and straps before taking off your shoes. Don't slip your shoes on and off. Make sure you redo your laces, buckles and straps every time you put your shoes on.



Fighting Fit Feet

Exercise is important for your whole body and you need to keep fit and healthy.

Did you know it is more tiring standing still than it is to walk or run? When you stand till you put all your weight on your feet. When you walk around or run you spread your weight all over your body and use many more muscles. This exercises your muscles and keeps you healthy.

Walking is great exercise for your feet so try walking to school each day if you can!



When Feet don't feel good

Just like the rest of your body, your feet can get sore. If you have sore feet it is really hard to do things you would normally do every day, like walking to school, playing sports, jumping on a trampoline.

Always let your parent or carer know if you have sore parts on your feet.