

**Your feet get you where you need to go. If your feet hurt, you will be less active, which could increase your risk of a fall. Keep your feet healthy and stay right side up.**

### **Keep Feet Clean and Dry**

- Wash your feet daily using warm water.
- Rinse off all soap and water.
- Dry well, especially between your toes.
- Ask someone for help if you are not able to reach your feet.

### **Cut Those Nails**

- Trim toenails regularly, using a nail clippers.
- Cut nails straight across, not too short and not down at the corners.
- If you have difficulty seeing your toenails, reaching your feet, or are diabetic, ask your doctor, nurse or podiatrist (foot doctor) to help.

### **Check for Bunions, Corns, Calluses and Warts**

- If you have trouble bending over, use a mirror to help see your feet.
- Do not treat these problems yourself with sharp tools or do-it-yourself treatments which may cause wounds that heal slowly or become infected.
- Make an appointment with your doctor or health care provider if you notice a sore that does not heal; nail problems, such as ingrown nails; unusual coldness, numbness, tingling or discomfort in your feet.

### **Dress Your Feet in the Best**

Your footwear can help you stay active and right side up. Here's what you can do:

- Wear supportive footwear with non-skid soles indoors and outdoors.
- Keep your laces tied. If you have trouble tying laces, try shoes with velcro fasteners.
- Wear shoes, slippers and "house shoes" that enclose your foot instead of slip-ons.
- Try shoes on late in the day when feet tend to swell to ensure the shoes are not too tight. If the shoe fits, buy it!

Learn more at our website:  
[www.mnfallsprevention.org](http://www.mnfallsprevention.org)  
or call the Senior LinkAge Line®  
at 1-800-333-2433.