FACT SHEET

Foot care and Spina Bifida

If you have reduced feeling in your feet you need to take special care. Keep your feet protected and inspect them regularly.

These tips will help you have happy healthy feet:

- See a podiatrist regularly once you turn 16.
- Check your feet every day and use a mirror to view hard to reach areas.
- Wipe and dry between your toes after your bath or shower or swimming.
- Treat cuts and sores as soon as they appear on your feet.
- Cut your toenails regularly or ask your podiatrist to do it for you.
- Wear shoes and socks during the day and slippers or socks indoors at night.
- Be careful not to burn your feet. Heaters, hot concrete and hot metal foot plates can be dangerous.

Remember to keep your feet covered and protected, especially if you have reduced sensation.

Shoe shopping tips:

It is good to get feet measured before trying or buying shoes. Sizing can differ between styles and brands. When buying new shoes look for:

- A wide toe area
- A non-slip sole
- They are easy to get on and off
- They fit well and are not too tight

Always remember to wear cotton or woollen socks with shoes. Socks should be loose around the top and never leave marks on your legs.

If you notice increased swelling in your legs or feet speak to your Doctor.

Further information about foot care and Spina Bifida is available at:

- The American Spina Bifida Association has a series of useful fact sheets and web based material. Downloaded for free from www.spinabifidaassociation.org

- Spina Bifida Adult Resource Team www.northcott.com.au/services/spina-bifida-adult-resource-team

Remember:

- Check your feet every day.
- Minor skin issues can become big problems if ignored.