

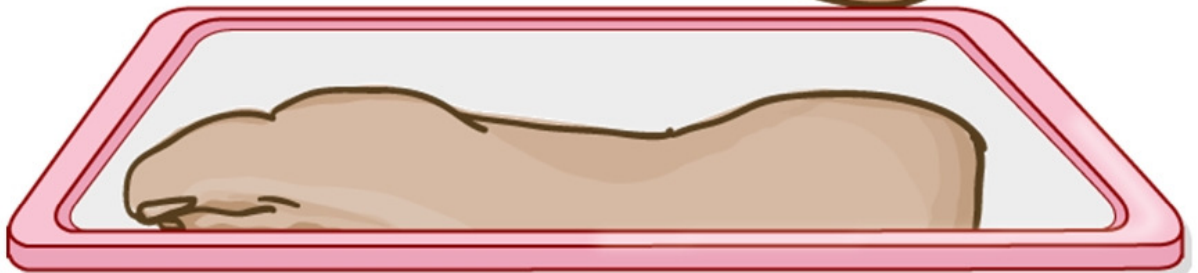
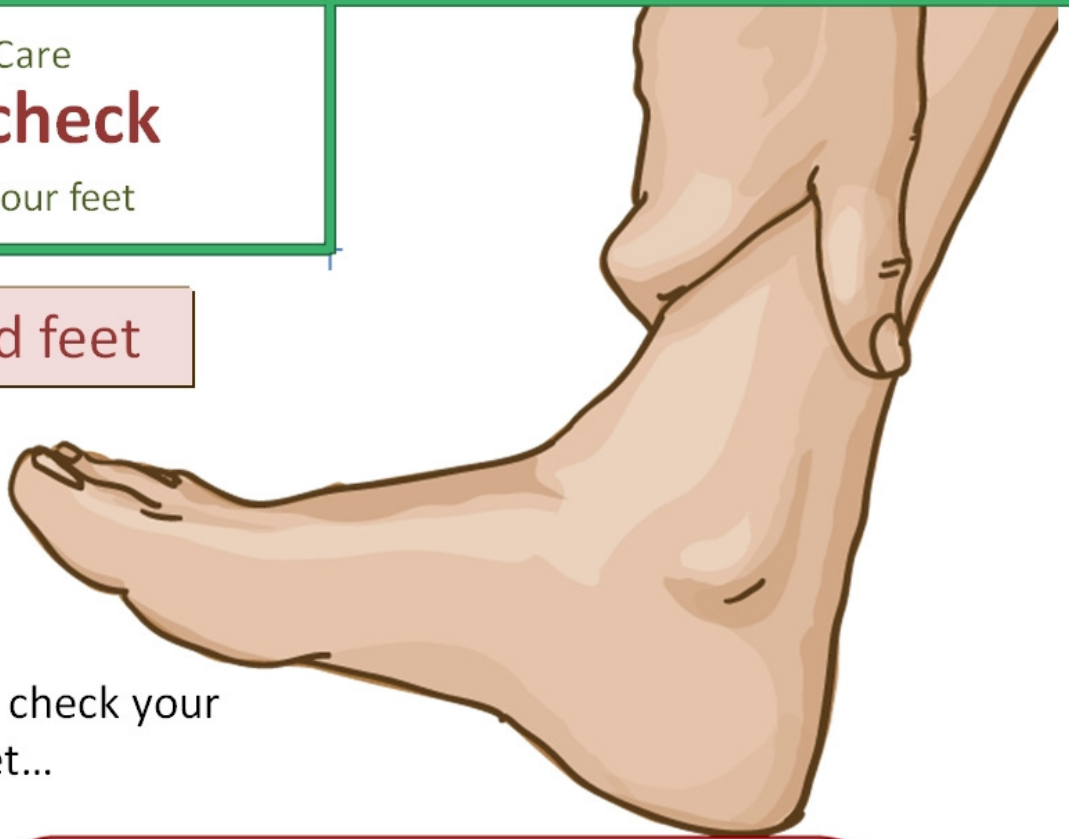
Diabetes Foot Care

Look & check

Looking after your feet

Damaged feet

- 1 You can check your own feet...



- 2 ... or get someone to help



How to look:

3 On top of each foot

4 On the side of each foot



5 Between the toes on each foot

6 Underneath each foot



Look for swelling:

7 Swelling on top



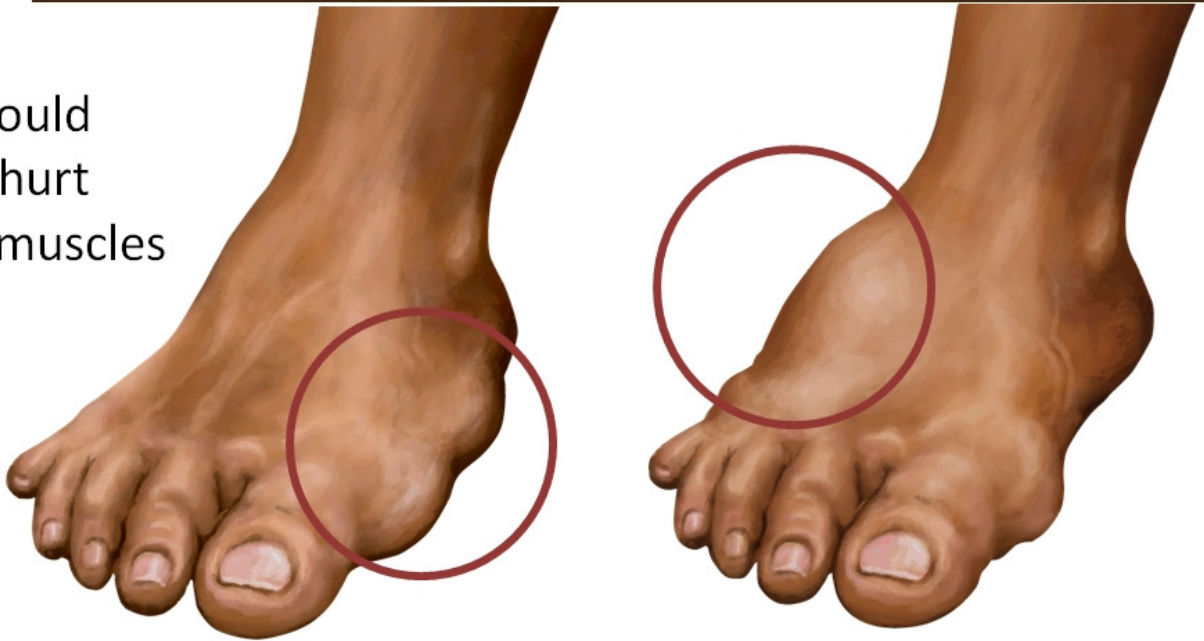
8 Swelling on side & underneath



Swelling tells you you may have hurt your foot

9

You could have hurt your muscles



10 You could have damaged bones



11

You can't feel you are hurt so you must look

There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

















Purpose of resource:

To describe how to look after your feet.

The story is relevant for people with different kinds of diabetes.

Related resources

There are resources for the following :

1. Regular foot check up 
2. Keep clean & dry 
3. Smooth toenails & skin 
4. Sores & infections 
5. Checking 
6. Ulcers 
7. Bad infections 
8. Socks & footwear 
9. Shoes & sandals 
10. Making choices 
11. Walking test 
12. Blood pipes 
13. Smoking 
14. Protecting nerves 
15. Nerve damage 
16. Exercise is good 
17. Getting organised 
18. Exercise & your nerves 

Notes:

The resource can be printed A3 or A4 size and then laminated.

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Levels



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