

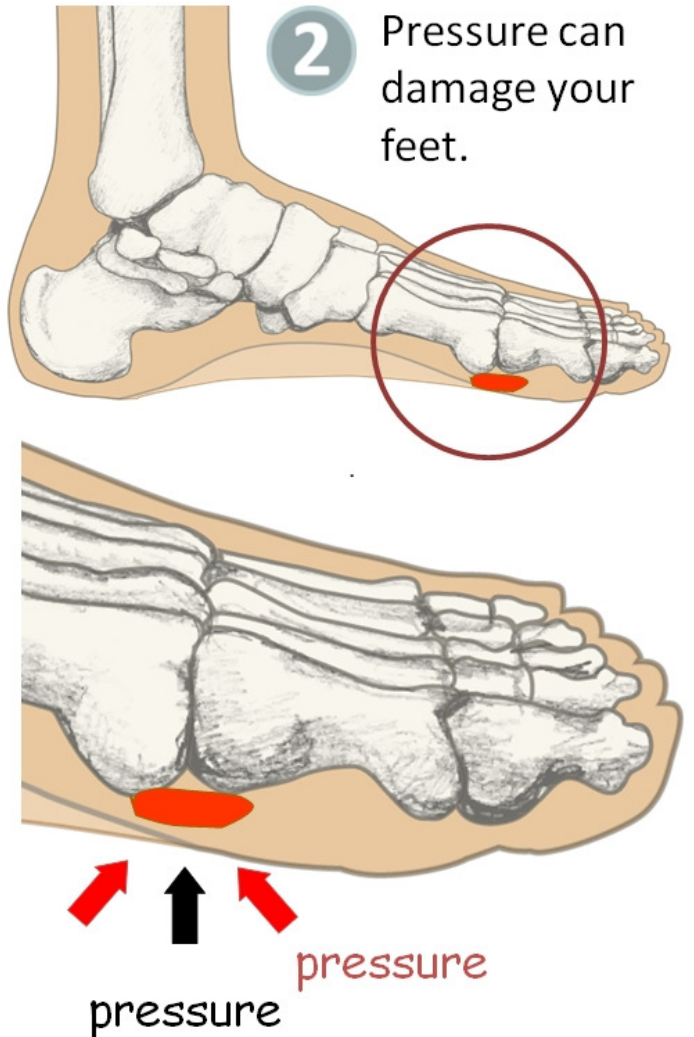
# Pressure & bruising

Looking after your feet

**1** Standing or walking puts pressure on your feet.



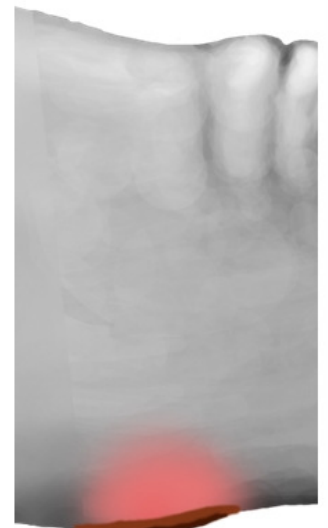
**2** Pressure can damage your feet.



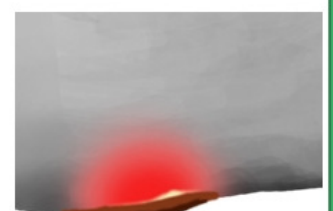
**3** Pressure causes hard skin called a callus.



**4** More pressure causes bruising under the callus.



The bruising can then become infected.

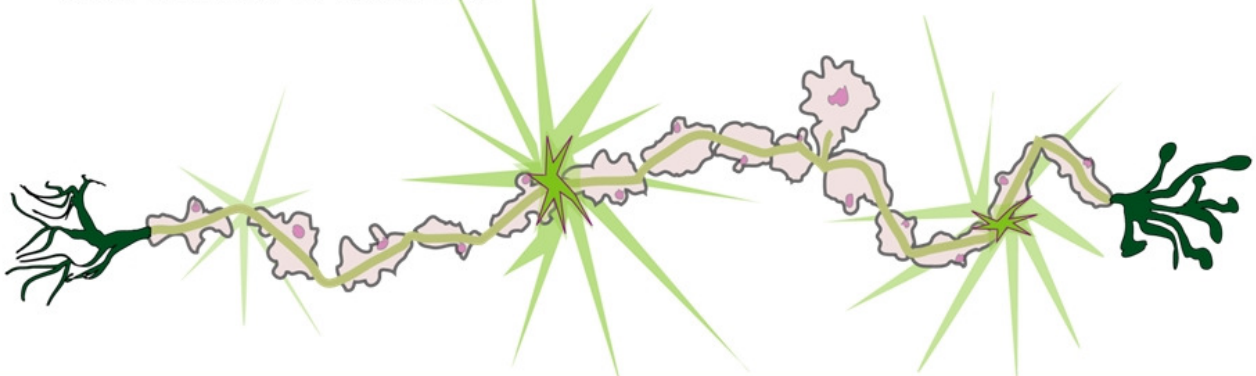


Why some sores don't get better



5 Do you have an infected sore?

6 Do you have nerve damage so you can't feel the sore and don't know it is there?



7 Do you have high blood sugar which damages your blood pipes?



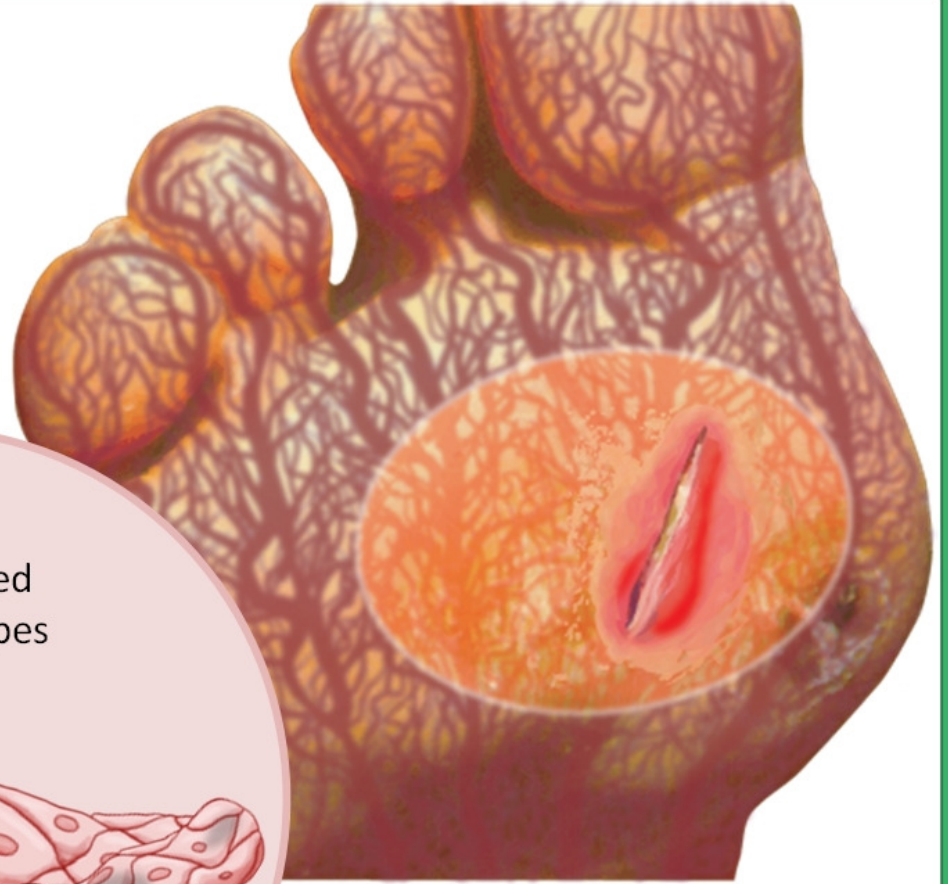
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Damaged tiny blood pipes stop the blood getting through.

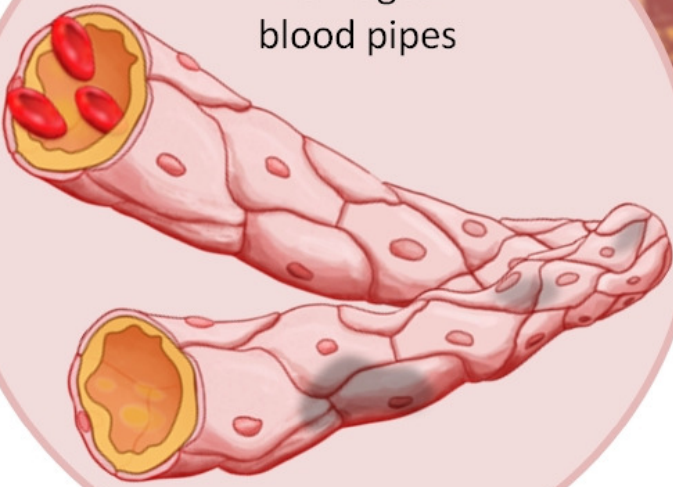


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Your sore won't heal quickly because there isn't enough blood to fight the infection.

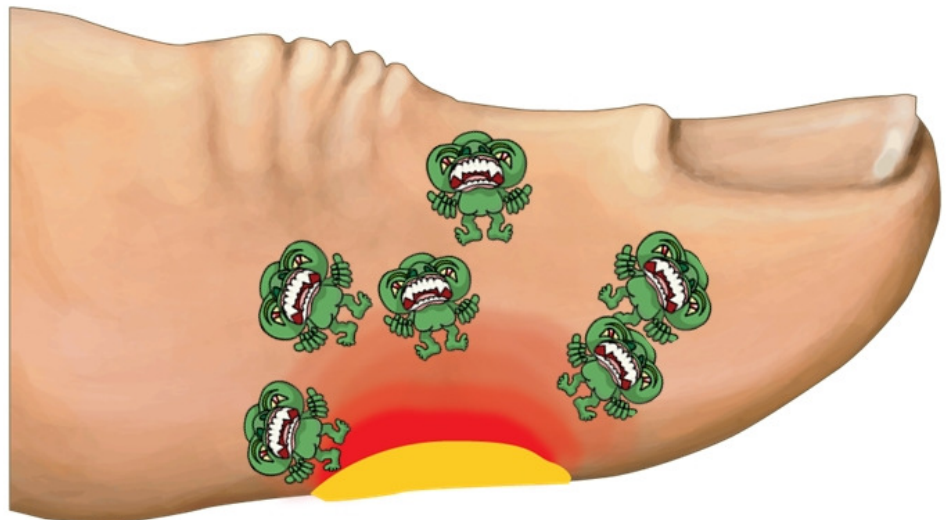


Damaged blood pipes



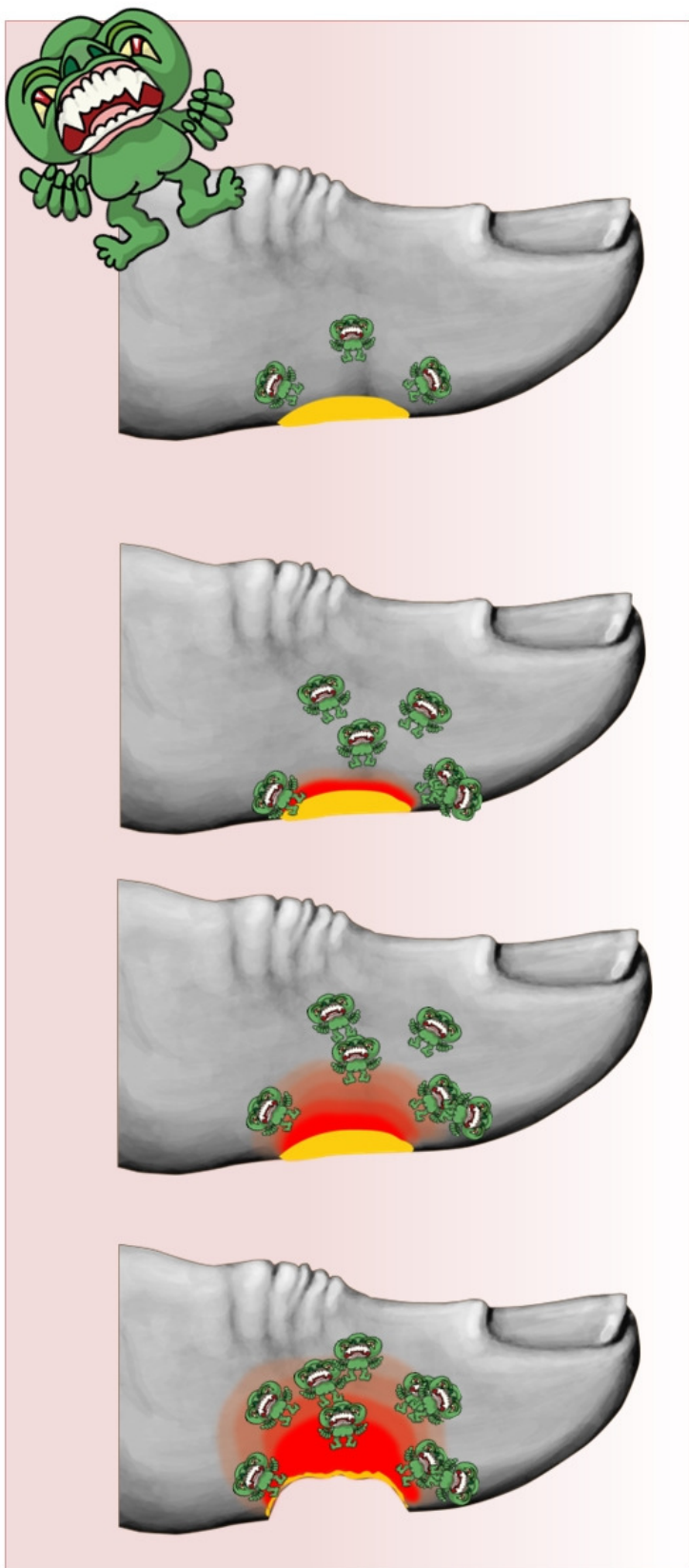
10

Before long you can have a very bad sore



## Sores can get very bad

- 11** This is what happens when you damage your foot



- 12** You may not feel a thing because your nerves are damaged

- 13** Let the doctor, nurse or podiatrist look at a sore that isn't healed after 2 days



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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