

Socks & footwear

Looking after your feet

- 1 Some of the things which can damage your feet

Insect bites



Rubbing sores



- 2 You need to wear clean dry socks to help protect your feet



3

You will need to have enough socks ready to wear

Always have at least 4 pairs of clean dry socks ready to use.

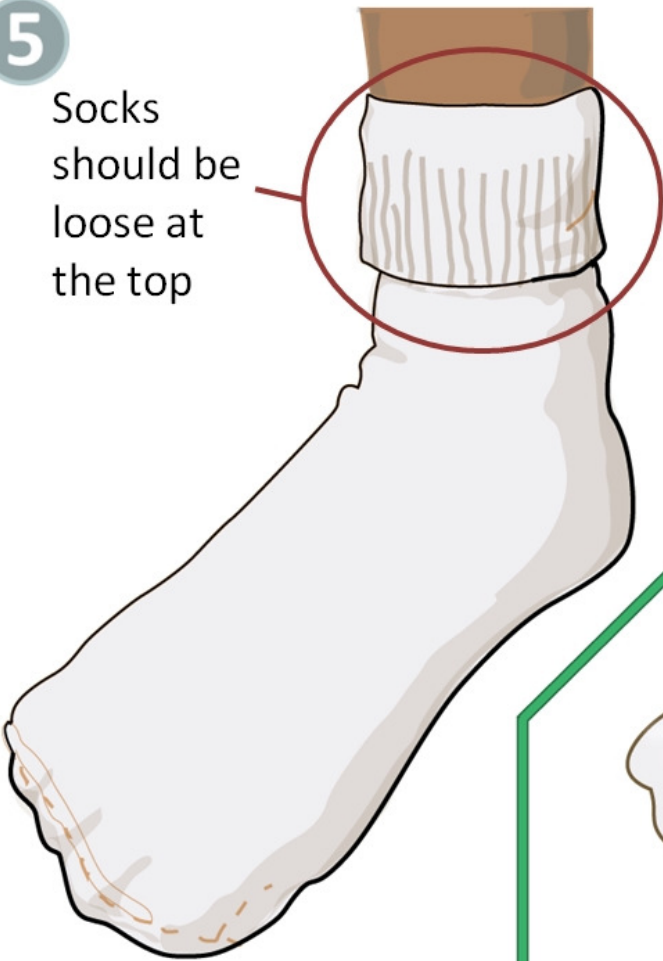
4

Your socks should be made of cotton, wool, or a mixture of cotton and wool



5

Socks should be loose at the top



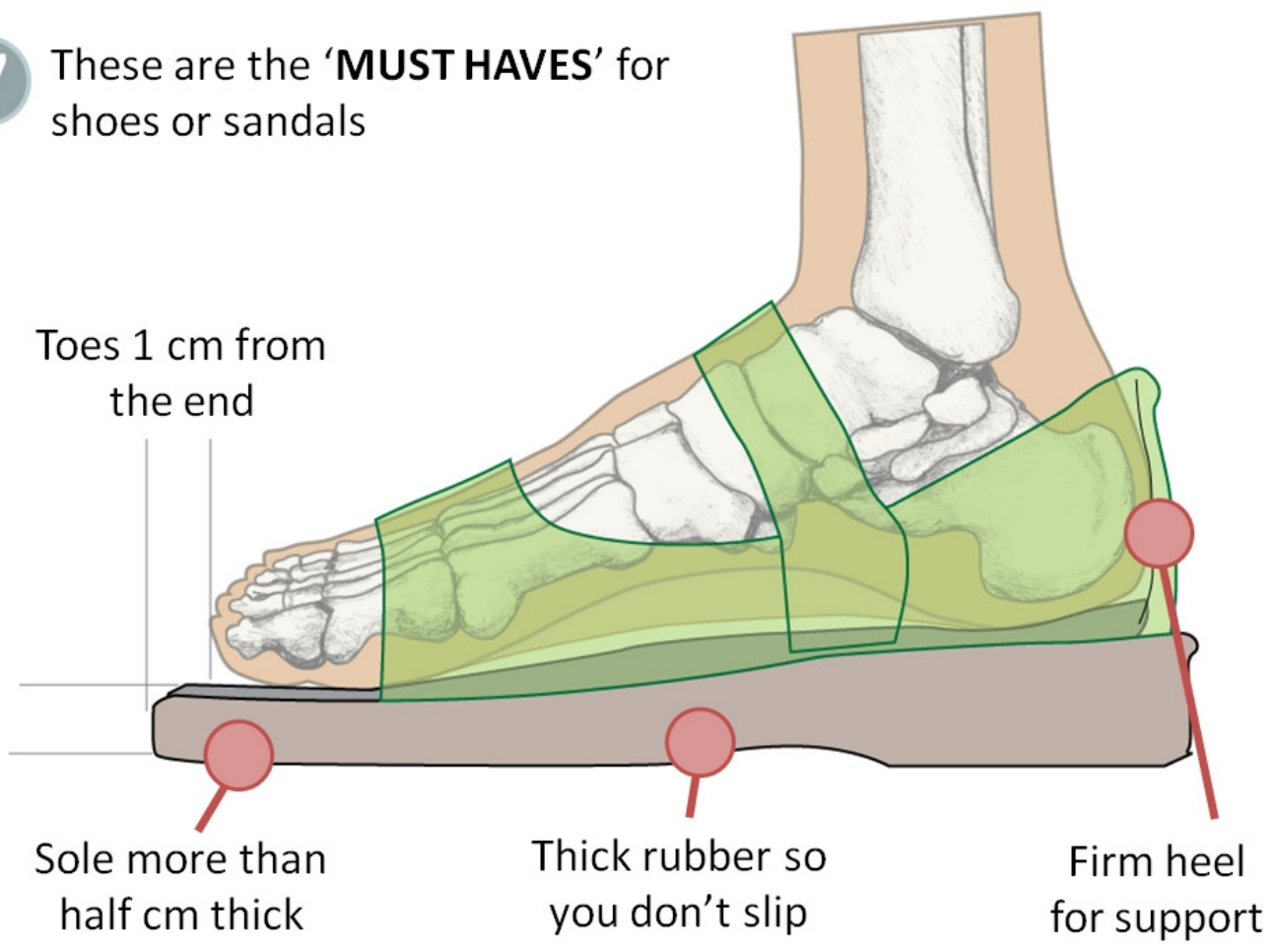
6

Socks should fit.



Throw away old socks

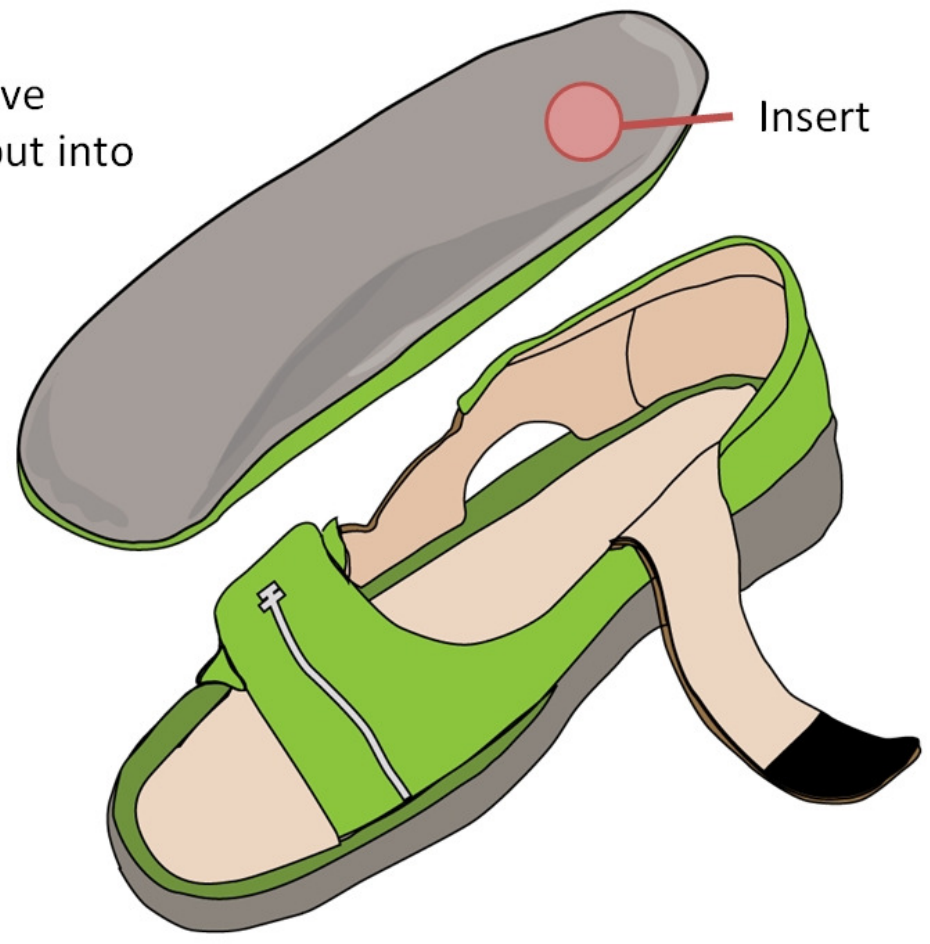
7 These are the 'MUST HAVES' for shoes or sandals



8 You may have to have inserts (orthotics) put into your shoes.

Inserts will help stop pressure damaging your feet.

If you need inserts your shoes must have enough room for the inserts.



Poor choices:

9

No support
or
protection



10

Can slip off



11

Too
narrow



12

Causes
pressure

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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