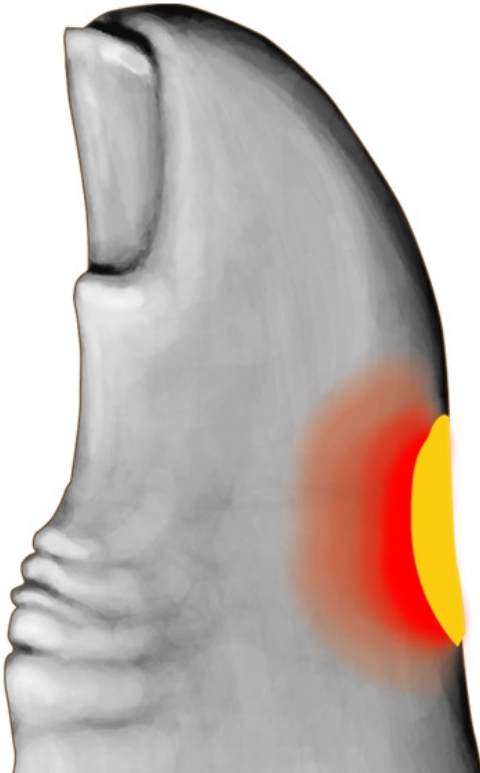


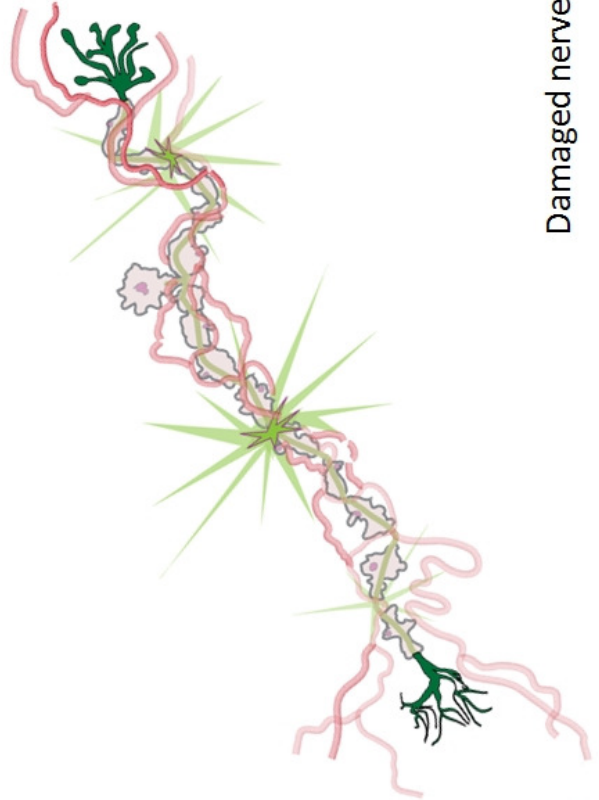
◆ Protect your feet



Sore



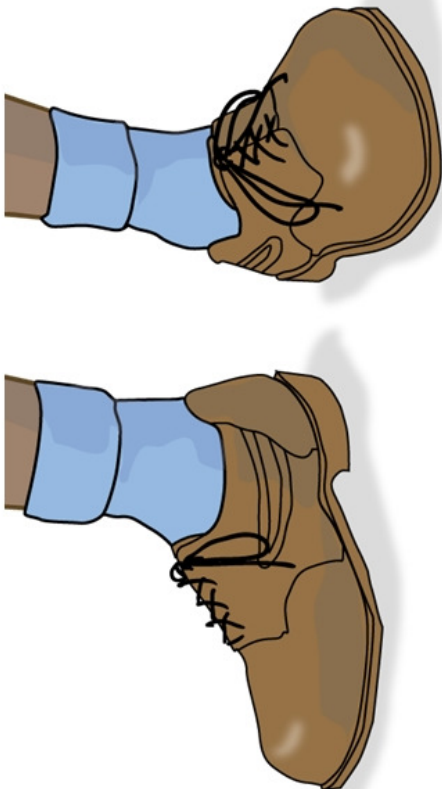
◆ Protect your feet



Damaged nerve



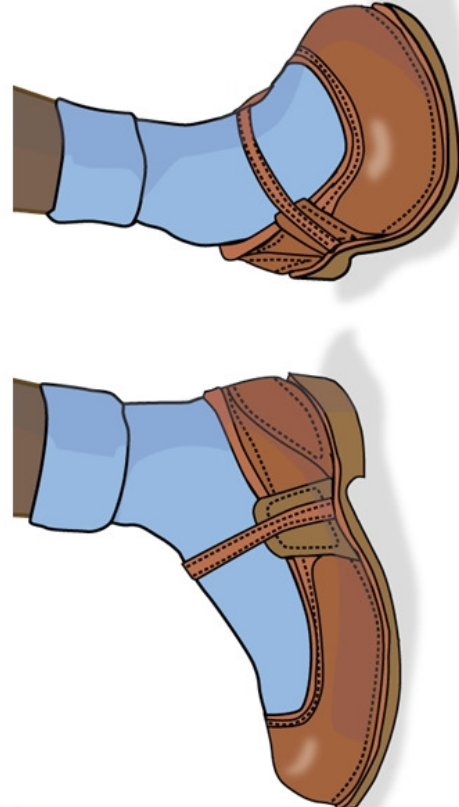
◆ Protect your feet



Wear shoes all the time



◆ Protect your feet



Wear shoes all the time



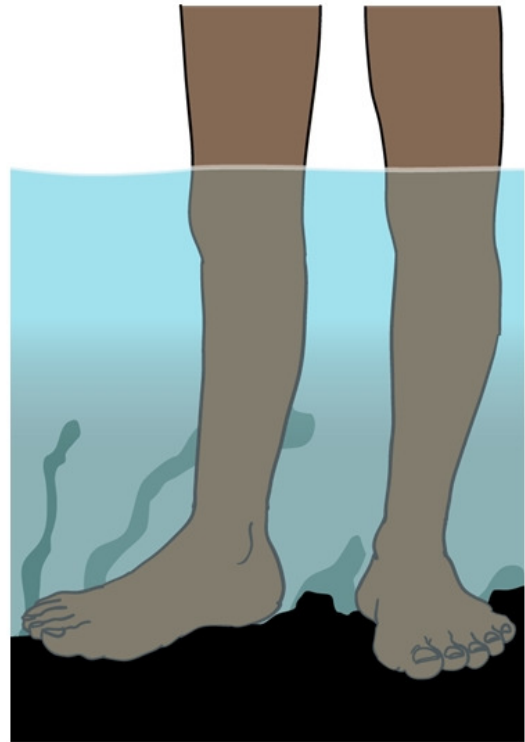
◆ Protect your feet



Sand



◆ Protect your feet



Don't walk on the reef or in a river

◆ Protect your feet



Shell

◆ Protect your feet



Shell

◆ Protect your feet



Small stone



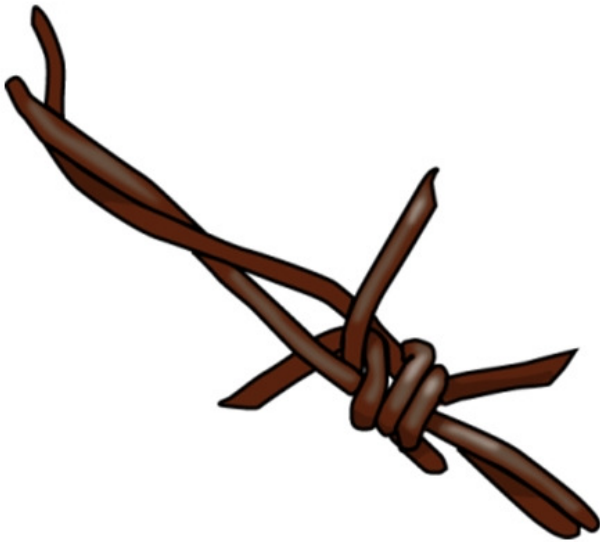
◆ Protect your feet



Rock



◆ Protect your feet



Barbed wire



◆ Protect your feet



Thorns



◆ Protect your feet



Small sore

◆ Protect your feet



Large ulcer

◆ Protect your feet



Don't let feet get too hot

◆ Protect your feet



Don't let feet get too cold

◆ Protect your feet



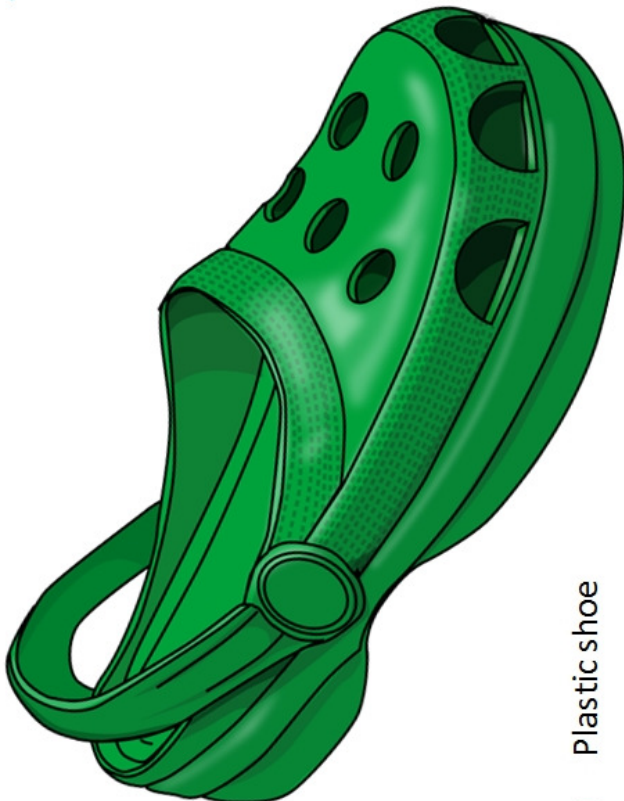
Burn

◆ Protect your feet



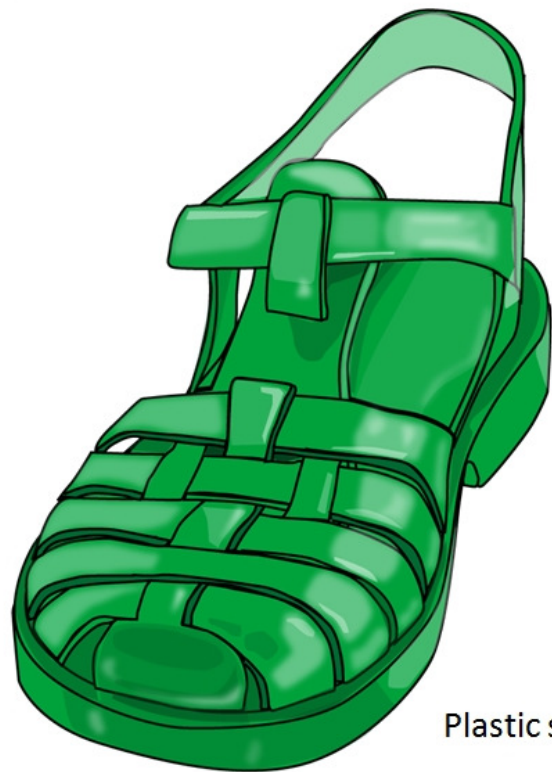
Rash

◆ Protect your feet



Plastic shoe

◆ Protect your feet



Plastic shoe

◆ Protect your feet



Check your shoes



◆ Protect your feet



Check your socks



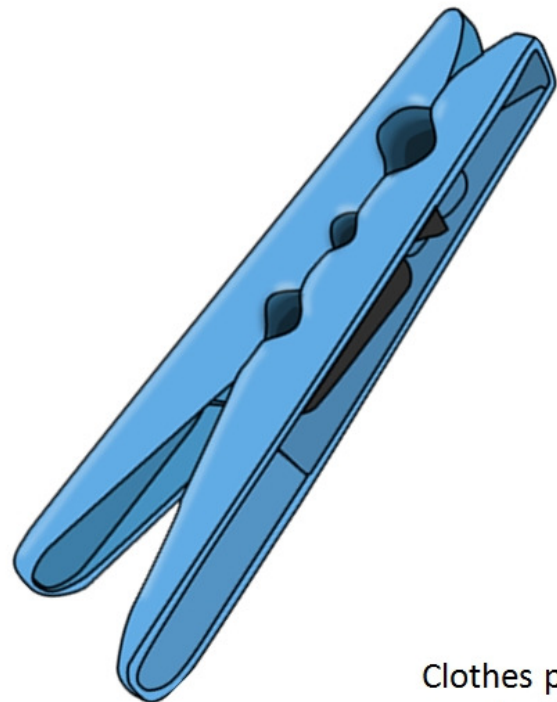
◆ Protect your feet



Grass seed



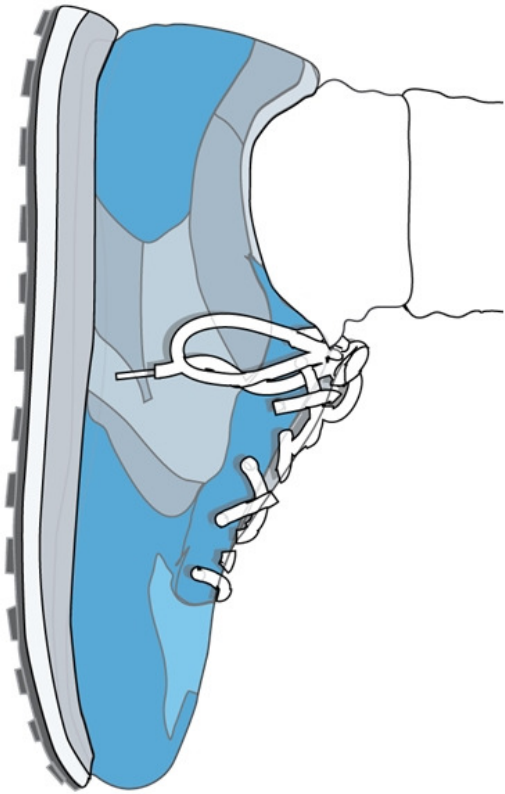
◆ Protect your feet



Clothes pegs on the floor



◆ Protect your feet



Outside shoes



◆ Protect your feet



Inside shoes



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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