

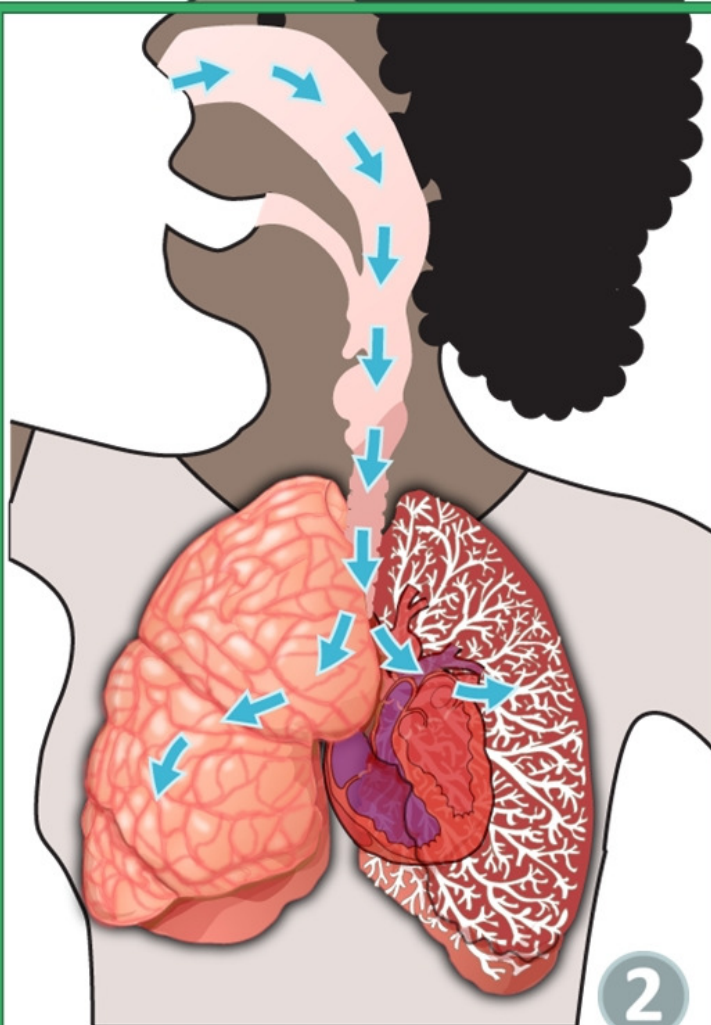
Walking test

Looking after your feet



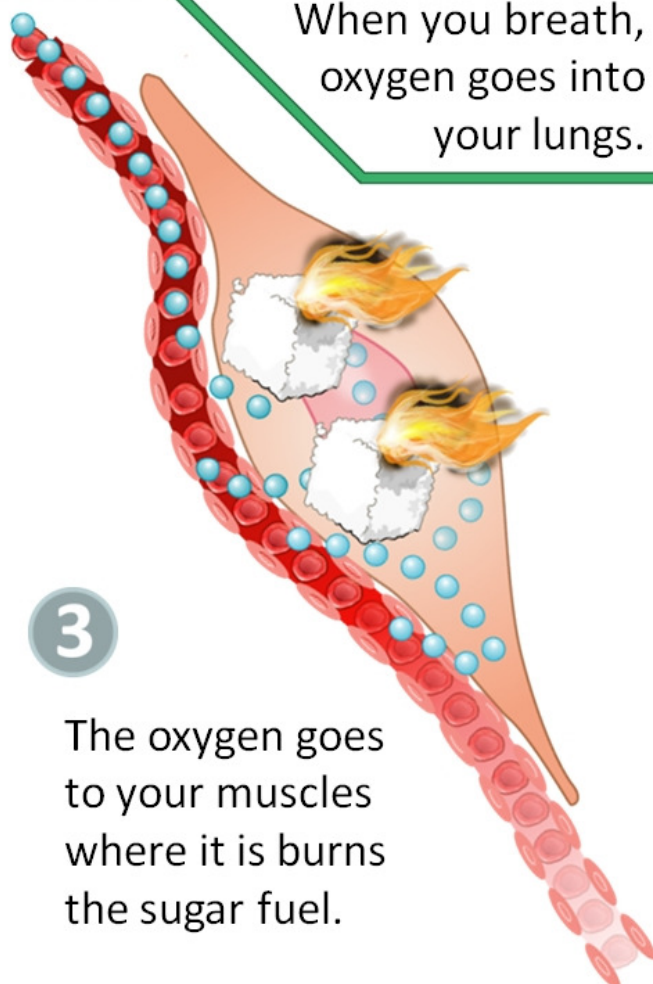
1

Your feet need oxygen to work properly.



2

When you breath, oxygen goes into your lungs.

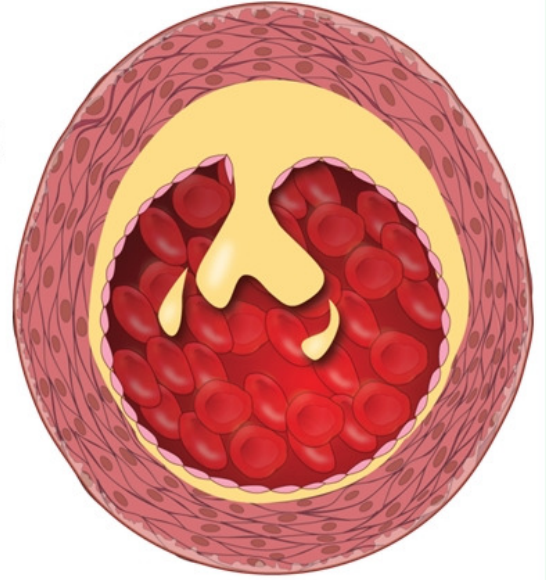


3

The oxygen goes to your muscles where it is burns the sugar fuel.

4

Your blood pipes can become narrow or blocked .

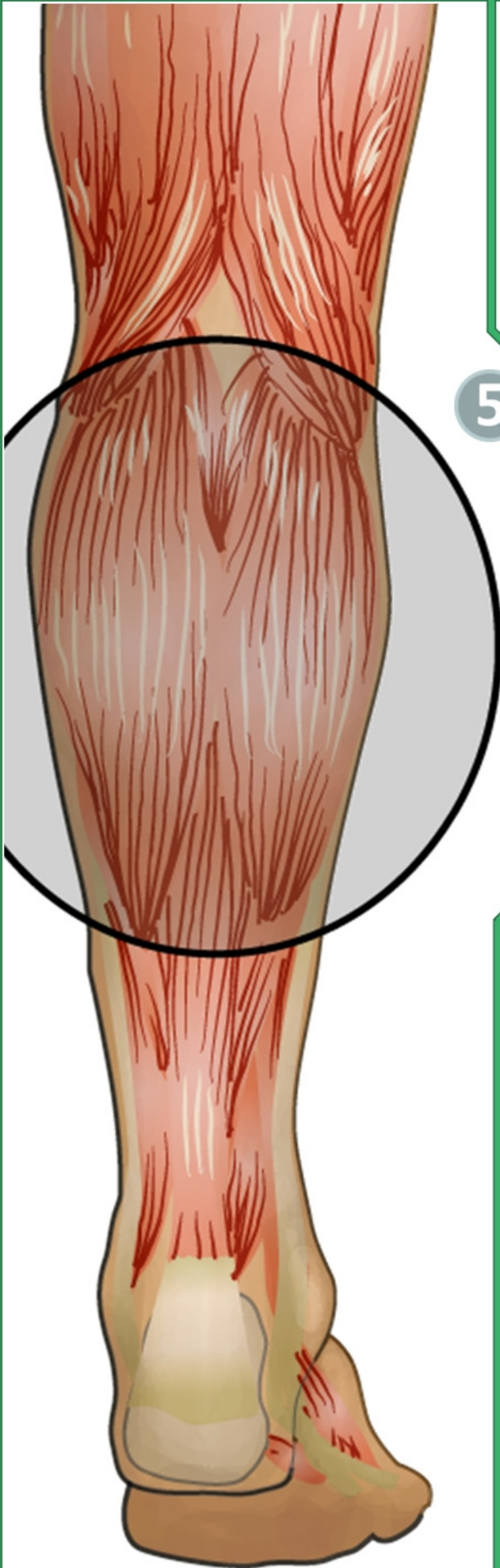
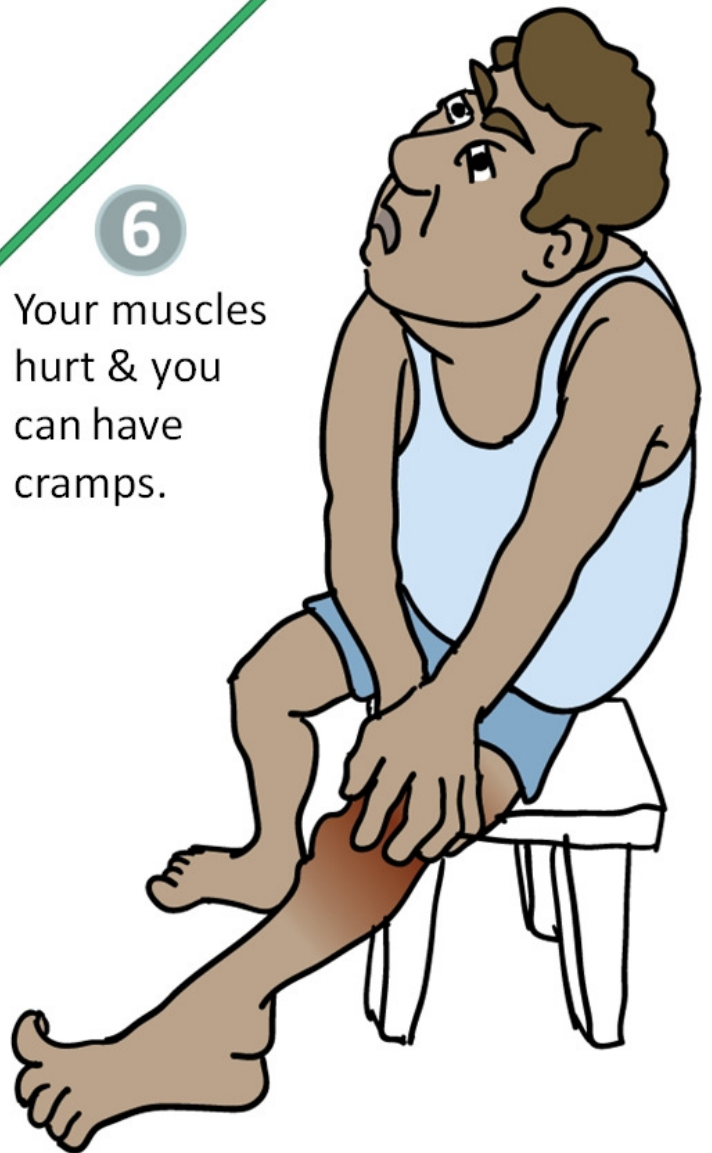


5

Oxygen doesn't get to your leg muscles.

6

Your muscles hurt & you can have cramps.



7

When you visit your podiatrist or nurse, she will do a **walking test**.



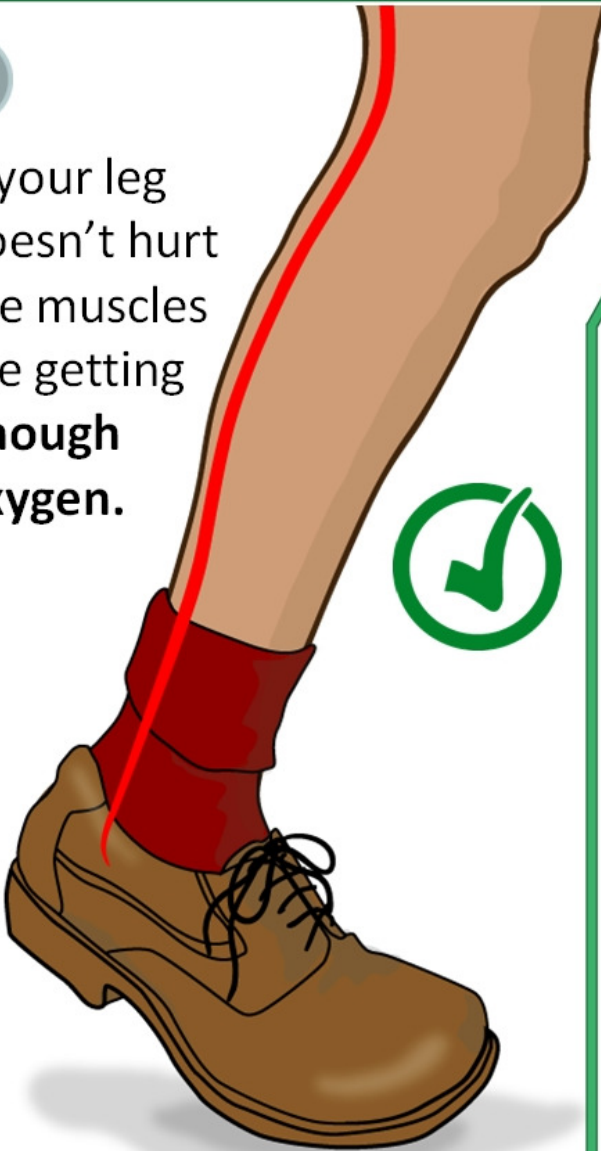
8

You will have to walk a short distance.



9

If your leg doesn't hurt the muscles are getting **enough oxygen**.



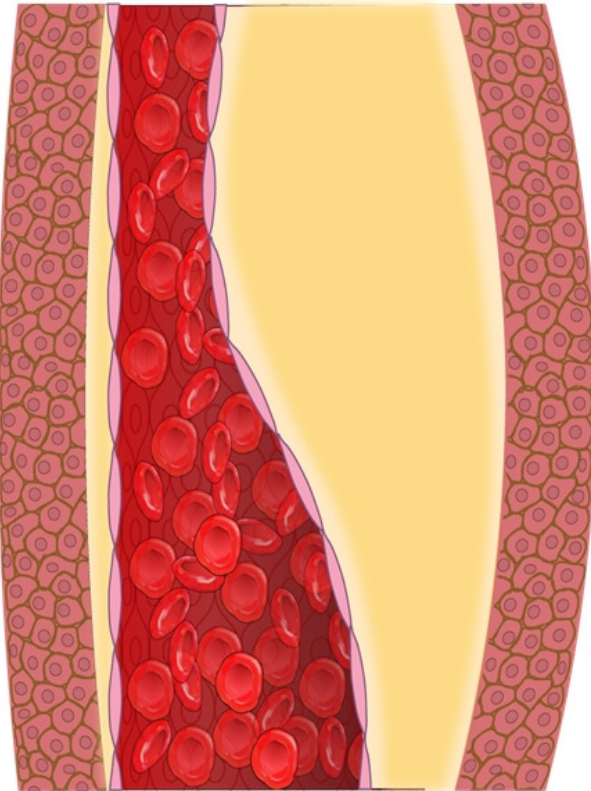
10

If it hurts the muscles are **NOT** getting enough oxygen.



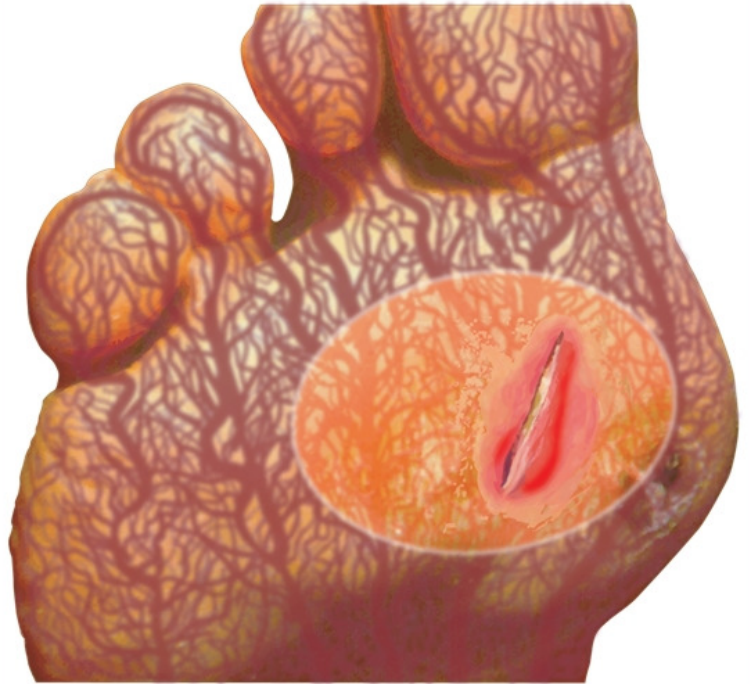
11

If you have a problem with your big blood pipes...



12

...your tiny blood pipes wont get enough oxygen.



This can cause sores & damage your feet.

13

If you have problems with your blood pipes you maybe asked to give up smoking.



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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