



PODIATRY

FootScope

A foot health message from
PERTH FOOT CENTRE

feet and can help to prevent the need for surgery. Lifestyle adjustments can also help to heal foot pain. A healthy lifestyle involving diet and exercise will lower body mass index (BMI) and reduce the amount of strain placed on the feet. If walking is too painful, swimming and other water sports are excellent forms of exercise that don't place any pressure on the feet. Lowered BMI will make way for more comfortable feet, and lowered health risk for th



Foot care tips for obese patients

Foot care is important for everyone, but, for those suffering from obesity, problems with the feet can very quickly lead to a decline in overall health and quality of life. Here are some tips to keep the feet healthy in obese patients:

1. Properly fitted shoes: obese patients will have wide feet as the weight is spread across the foot, so it's important to find shoes that accommodate the width of the foot and provide a large toe box so the toes have room to move. Shoes that have support, and fastenings such as laces or Velcro straps, will help to stabilise the feet and take some of the pressure off the tendons supporting the ankles.

2. Get custom orthotics and insoles: a podiatrist can assess the feet and have orthotics made to support the feet exactly where support is needed. Orthotics can be built into cushioned insoles that provide extra shock absorption to take the pressure off the knees, hips and spine as well as the feet.

3. Exercise: it may sound like an impossible ask to get out and exercise when the feet are in pain, but with the right shoes and supports pain will be reduced to make exercise easier. Sports with no impact on the feet, such as swimming, can be an ideal alternative while the feet are recovering. Exercise is crucial to preventing long-term foot health deterioration, as weight loss will significantly reduce the amount of force the feet have to endure.



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