

NATIONAL FOOTHEALTH AWARENESS MONTH APRIL

MYTHS

VS

FACTS

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FOOT PROBLEMS > 75% of people will experience foot problems in their lifetime

COMFY SHOES > Shoes should fit comfortably right away. Always leave a whole thumb's width between your longest toe and the end of the shoe.

TRIMMED NAILS > Nails should always be trimmed straight across and avoid trimming into corners you cannot see and avoid ripping toenails

GROWING FEET > Feet often flatten as we age - even though the bones do not grow, the fallen arch makes our feet longer

MYTHS

FOOT PROBLEMS > Only elders have foot problems

COMFY SHOES > It is normal to need to "break in" a pair of shoes

TRIMMED NAILS > Cutting a 'V' notch in the middle of the toenail will prevent/treat an ingrown nail

GROWING FEET > Feet always stay the same size



If you have questions and would like to schedule an appointment, please call (520) 562-3321 Ext. 1258, Ext. 2664, Ext. 6520