

April is National Foot Health Awareness Month!

April is a great time to get your feet checked out by your local podiatrist! Good thing we have 12 nearby clinics! Our feet serve as the foundation for our entire body. There are 26 bones in the feet and not seeking medical attention can physically affect your hips, knees, and back. On average, at least 20% of the US population have at least one foot issue a year. Avoiding feet and ankle problems and lead to severe consequences, that is why seeing your local podiatrist is important to for health.

Here are 5 easy tips to keep your feet healthy!

- Wear appropriate shoes - be sure to buy the correct size of shoes to avoid tearing of the skin or blisters.
- Exercise - workout often because not only is it good for your feet, but your entire body. Simple exercises can be walking outside or running!
- Cut your Toenails - Trim your toenails in a timely fashion. Make sure to cut them straight across to avoid ingrown toenails.
- Check your feet daily - check the appearance of the feet to make sure there is no swelling or discoloration.
- Wash your feet - applying soap and water daily will help prevent bacteria and fungus to grow.

Take the **nextstep**  to healthier feet today!