

# FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: [www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form](http://www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form).

## Foot care and Spinal Cord Injury

Feet need special attention as they are vulnerable, especially if you have reduced feeling in your feet. Feet can unfortunately be forgotten about which can lead to problems.

These tips will help you have happy health feet:

- See a podiatrist regularly
- Check your feet every day after your bath or shower.
- Wipe and dry between your toes after your bath or shower.
- Treat cuts and sores as soon as they appear on your feet.
- Cut your toenails regularly but be careful – ask for help if needed.
- Be careful of burning your feet. Heaters, hot concrete, hot metal foot plates are all hazards to be aware of.

Remember to keep your feet covered and protected, especially if you have reduced sensation.

### Shoe shopping tips:

It is good to get feet measured and seek advice from your treating Physiotherapist or Occupational Therapist before trying or buying shoes. Sizing can differ between styles and brands. Some tips for what to look for in shoes include:

- A wide toe
- Non-slip sole
- Easy to get on and off
- Are not too tight
- They fit well if an Ankle Foot Orthoses (AFO) is needed.

Always remember to wear socks with shoes. Socks should be made from natural fibres like cotton or wool. Socks should be loose around the top and should never leave marks on the legs.

If you notice any injuries to your legs and feet like increased swelling in your legs, cuts, blisters, bruises or pressure injuries, speak to your doctor, nurse or paediatric Spinal Cord Injury team.

### Further information about Spinal Cord Injury is available at:

- The Sydney Children's Hospital Network [www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets](http://www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets)
- The Agency for Clinical Innovation [www.aci.health.nsw.gov.au/resources](http://www.aci.health.nsw.gov.au/resources)
- Paraquad NSW: [www.paraquad.org.au](http://www.paraquad.org.au)

### Remember:

- Check your feet every day
- Minor skin issues can become big problems if ignored.
- Reduced circulation in the feet can happen after Spinal Cord Injury.