

## Exercise

The best way to stimulate healthy blood flow to and from your feet is by regular exercise such as walking. Be sure to stretch your calves and Achilles Tendons right after exercising. For questions about stretching and exercise, contact your healthcare provider.



If you experience loss of sensation, or circulation problems,

- Do not walk barefoot or stocking-foot.
- Frequently check shoes for stones or debris that can unknowingly harm your feet.
- Avoid smoking.

## Provider:

Shirley Hoxeng, RN, operates the PMH&HS Foot Care Clinic. She received her Associate Degree in Nursing from Cloud County Community College.



Shirley is a nurse at Pioneer Memorial Hospital.

## Pioneer Memorial Hospital & Health Services

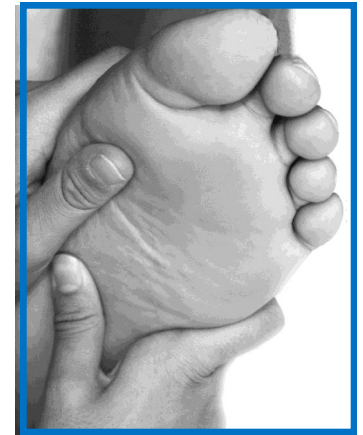
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# Healthy Feet

## Foot Care Clinic



*The right care, right next door.*

## 2016 FOOT CARE CLINIC DATES

JANUARY 5<sup>TH</sup>  
FEBRUARY 9<sup>TH</sup>  
MARCH 8<sup>TH</sup>  
APRIL 12<sup>TH</sup>  
MAY 10<sup>TH</sup>  
JUNE 7<sup>TH</sup>  
JULY 12<sup>TH</sup>  
AUGUST 9<sup>TH</sup>  
SEPTEMBER 13<sup>TH</sup>  
OCTOBER 11<sup>TH</sup>  
NOVEMBER 1<sup>ST</sup>  
DECEMBER 6<sup>TH</sup>

**Pioneer Memorial**  
Hospital & Health Services

Viborg, SD

## Foot Care Clinic

### Screening/Assessment:

- Circulation, Sensation, Skin, Shoes

### Education:

- Inspection Methods, Daily Care, Footwear Selection, Foot Precautions and Exercise

### Treatments:

- Toenails Clipped and Filed
- Grinding of Thick Nails
- Corns and Calluses Buffed

### Appointments:

- To schedule your appointment  
call (605) 326-5161

### Cost:

- \$30 due at time of service.
- Cost not eligible for filing with insurance or Medicare.

## Daily Foot Care

- Inspect feet daily for redness, swelling, corns, calluses, blisters, pain or bleeding. Report any changes to your healthcare professional.
- Wash and dry feet daily (Do Not Soak!)
- Avoid orange sticks to clean under nails - try cleaning with a baby toothbrush.
- Keep feet moisturized
- Keep area between toes dry.

## Caring for Toenails and Feet

- Clip toenails straight across. File sharp edges to follow the curve of your toe.
- Do not use a knife or scissors to cut toenails. File sharp corners and edges - obtain assistance if you can't see, reach or clip safely.
- NEVER cut or use chemical corn removers on calluses or corns. Maintain by buffing with a pumice stone or large emery file in circular motion.
- Wear loose, cushioning socks and avoid seams under toes.
- Avoid polishing nails if they are thick and yellow or have fungus infection.



## If the Shoe Fits...

### Be Shoe "SMART"

- **S**hoes should be comfortable at the time of purchase.
- **M**easure both feet. Buy for the larger.
- **A**fternoon is the best time to buy shoes.
- **R**emember to wiggle your toes for adequate toe box room.
- **T**est for fit with the forefoot test. (Trace foot and see if shoe "fits" over the tracing).
- **L**ook for:  
Soft leather or breathable material.  
Shock absorbing sole.  
Low heel.  
A rounded, deeper toe shape.

If you have any corns, calluses or break down, you may require extra depth or custom made shoes.