SA Falls and Fall Injury Prevention

Information for consumers

COMFY FEET GO A LONG WAY

Don’t let your feet let you down.

Being able to move around freely and comfortably allows us to keep active and stay independent. Over the years everyone’s feet change shape, lose padding underneath and the skin can change. This can affect balance and walking, and lead to pain, slips, trips and falls.

Early advice and treatment is best. Look after your feet and see a podiatrist regularly if your feet need special care, particularly if you have diabetes.

What can you do to look after your feet?

- **Wash and dry your feet**: especially between your toes.
- **Inspect your feet:** look for changes such as blisters, sores and changes in colour. If you notice any, speak to your doctor or podiatrist.
- **Look after your nails and skin:** cut your toenails regularly and apply moisturiser to your feet. Speak with your doctor or a podiatrist if you have trouble cutting your toenails or are diabetic.
- **Protect your feet:** wear wool or cotton socks and well-fitting footwear that is suitable for the activities you do.

When choosing shoes, look for:

- space for toes
- non-slip, thin sole
- buckles, laces or velcro fastening
- enclosed heel area
- low and wide heel
- shoes that are wide and long enough.

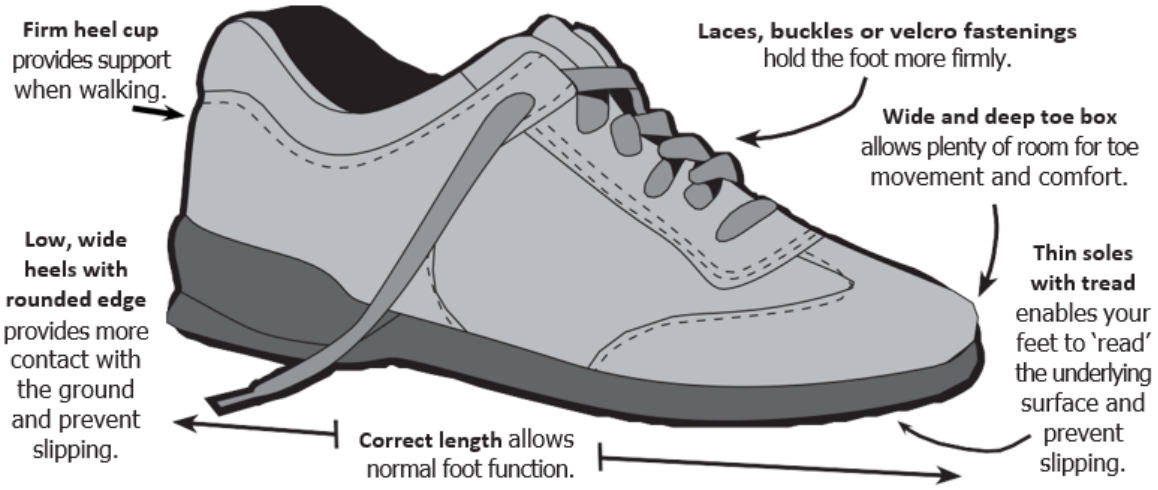
What are common foot problems?

- Corns, callouses and cracked skin.
- Thin fragile skin.
- Out of shape feet and toes e.g. bunions, hammer toes.
- Toenail problems e.g. ingrown and thickened nails.
- Numbness or pain.
- Swelling around the ankles and feet.

Who can help?

- Your **doctor** who can refer you to other health professionals or services you may be eligible for.
- A **podiatrist** who treats foot problems, pain and give advice on foot care and footwear.

To find a podiatrist near you (no referral is needed), phone the **Australian Podiatry Association SA Inc.** (08) 8210 9408 or **Commonwealth Respite and Carelink Centre** 1800 052 222 (toll free call).



For more information

Please contact your local health service for more information and visit sahealth.sa.gov.au/falls

This document has been reviewed and endorsed by SA Health PwC&CAG* for consumers and the community – March 2015

*SA Health Partnering with Consumers and Community Advisory

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Date published: May 2026

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SA Health