**Foot Health for Rheumatology Patients**

A guide to caring for your feet when living with a rheumatic condition

**Why Foot Care Matters**

Rheumatic conditions, such as rheumatoid arthritis, lupus, and psoriatic arthritis, can affect the feet, leading to pain, swelling, stiffness, and changes in foot shape. Proper foot care can help prevent complications and improve mobility and comfort.

**Common Foot Problems in Rheumatology Patients**

* Joint pain and stiffness – Can make walking difficult.
* Swelling – May cause shoes to feel tight.
* Bunions and toe deformities – Due to joint changes.
* Corns, calluses, and pressure sores – From uneven weight distribution.
* Dry skin and cracked heels – May increase infection risk.
* Fungal infections – Common due to reduced circulation.

**Daily Foot Care Tips**

✔ Wash and dry your feet carefully – Especially between the toes.

✔ Moisturise daily – Use a non-greasy cream to prevent dryness and cracks.

✔ Inspect your feet regularly – Check for sores, swelling, or colour changes.

✔ Trim nails carefully – Straight across to avoid ingrown nails.

✔ Wear well-fitting shoes – Supportive, cushioned shoes with a wide toe box are best.

✔ Use orthotics if needed – Custom insoles can help relieve pressure.

**Managing Pain and Swelling**

* Rest and elevate your feet to reduce swelling.
* Use warm soaks or gentle massages to ease stiffness.
* Apply ice packs (wrapped in a towel) for inflammation.
* Consider wearing compression socks to improve circulation.

**When to See a Foot Health Practitioner or Podiatrist**

Seek professional help if you notice:

⚠ Persistent pain or swelling in your feet or ankles.

⚠ Changes in foot shape affecting mobility.

⚠ Skin infections, ulcers, or wounds that don’t heal.

⚠ Increased difficulty in walking due to foot pain.

**How a Foot Health Practitioner/Podiatrist Can Help**

A Foot Health Practitioner can:

* Assess and manage common foot problems.
* Provide advice on footwear and orthotics.
* Offer nail and skin care, including callus and corn removal.
* Monitor foot health for early signs of complications.
* Referral to rheumatology team if needed

**For more information or to book an appointment, contact:**

[Your Clinic Name]

📍 [Clinic Address]

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🌐 [Website]