



are your feet fit?

- 1 Do you have pain in your feet?
- 2 Are you on your feet all day?
- 3 Do you have skin or nail problems (ingrown or discoloured toenails, corns, skin rashes, areas of hard skin on your feet)?
- 4 Do you have any sores on your feet that are not healing?
- 5 Do you have foot odour?
- 6 Do you have a foot injury?
- 7 Do you have health problems such as diabetes or arthritis?
- 8 Do you trip or fall often?
- 9 Do you have problems finding shoes that fit comfortably?
- 10 Do you have lumps or bumps, bunions or misshapen toes?
- 11 Do you regularly wear heels that are two inches or higher?

If you answered 'yes' to one or more of these questions, the **Australasian Podiatry Council** recommends you see a Podiatrist for diagnosis and treatment.

