

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.

