

Empowerment in every Step

FOOT CARE GUIDE FOR DIABETES

Daily Foot Care
your first line of protection

WASH your feet well **EVERYDAY** using **WARM SOAPY WATER**



Check your feet for **SORES, CUTS, BLISTERS, CORNS OR REDNESS**



- ✓ **DRY** your feet carefully
- ✓ Apply a **GENTLE MOISTURIZER**
- ✓ **AVOID** moisturizing between your toes

Trim Toenails
Proper nail care supports comfort and helps prevent pain or wounds.

Trim toenails **STRAIGHT ACROSS** to avoid ingrown toenails



- ✓ File sharp edges with an **EMERY BOARD**



Right Footwear that supports you
What you wear matters—every step counts.



Wear **SOCKS** and **SHOES** (or slippers) at home

- ✓ **DON'T GO BAREFOOT**, even at home
- ✓ Check shoes for **SHARP OBJECTS** before wearing them
- ✓ Choose **WELL-FITTING SHOES** that don't pinch or rub



Get Moving
with confidence

- ✓ **Exercise** improves circulation in your legs and feet
- ✓ Walk in **STURDY, COMFORTABLE SHOES**
- ✓ **AVOID WALKING** if you have open sores on your feet

By building **simple foot care habits**, you take an active role in protecting your health. Every healthy step you take supports comfort, safety, and confidence—today and for the future.

If you notice changes in your feet, reach out to your healthcare provider.

You are not alone on this journey.

This material is intended for patient education purposes.

Reference:
Diabetes Foot Care tips. | American Diabetes Association. Available at https://diabetes.org/health-wellness/diabetes-and-your-feet/foot-care-tips. Accessed 26 February 2026

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Empowerment in Every Step

Strengthening Diabetic Foot Care Through Daily Prevention

For people living with diabetes, even the smallest daily habits can create meaningful protection against long-term complications—and healthcare professionals are uniquely positioned to help make those habits stick. With foot-related issues remaining one of the most preventable yet impactful challenges in diabetes management, your role in promoting proactive foot care has never been more vital.

The "**Empowerment in Every Step: Foot Care Guide for Diabetes**" infographic provides a clear, practical tool you can share with your patients to reinforce essential self-care behaviors. From routine inspection and proper hygiene to choosing safe footwear and staying active.

As trusted partners in care, you help patients translate guidance into confidence. Your encouragement, reminders, and education empower them to take ownership of their foot health—one small step at a time.