



The Take Control Two-Step

Small Steps to Manage Chronic Diseases

Managing Diabetes Resources

Foot Care for People With Diabetes

Be Careful When Exercising

- >> Walk and exercise in comfortable shoes.
- >> Do not exercise when you have open sores on your feet.

Protect Your Feet With Shoes and Socks

- >> Never go barefoot. Always protect your feet by wearing shoes or hard-soled slippers or footwear.
- >> Avoid shoes with high heels and pointed toes.
- >> Avoid shoes that expose your toes or heels (such as open-toed shoes or sandals).
- >> Try on new footwear with the type of socks you usually wear.
- >> Do not wear new shoes for more than an hour at a time.
- >> Change your socks daily. Avoid tight socks.
- >> Wear natural-fiber socks (cotton, wool, or a cotton-wool blend).
- >> Wear special shoes if your health care provider recommends them.
- >> Make sure your shoes fit properly. If you have neuropathy (nerve damage), you may not notice that your shoes are too tight. Perform the “footwear test” described below.

Footwear Test

Use this simple test to see if your shoes fit correctly:

1. Stand on a piece of paper. (Make sure you are standing and not sitting, because your foot changes shape when you stand.)
2. Trace the outline of your foot.
3. Trace the outline of your shoe.
4. Compare the tracings: Is the shoe too narrow? Is your foot crammed into the shoe? The shoe should be at least 1/2 inch longer than your longest toe and as wide as your foot.