



**Athlete's Foot**

**What causes it?**

**How to prevent it**

Flaky, dry, cracked, itchy skin. Smelly feet sometimes appear red, moist or with blisters.

Shoes can create a warm, dark and humid environment that encourages fungal growth.  
Can be contracted in dressing rooms, locker room showers, hotel rooms, and swimming pool locker rooms.

Inspect the skin on feet everyday and be aware of changes or unusual growths. Keep shoes and socks dry as a preventative measure. Practice good foot hygiene, including daily washing of the feet with soap and water, drying feet carefully, especially between the toes. Change shoes regularly. Wear wicking acrylic socks. Moisturize skin with over-the-counter topical medications, like Lamisil, but avoid between the toes. Wear flip-flops in public showers. Read the label on over-the-counter products carefully to avoid serious complications. Rinse feet and change socks or panty hose midday. Be sure to dry between toes.

**Blisters**

**What causes it?**

**How to prevent it**

Painful, fluid filled lesions.

Ill-fitting shoes.  
Stiff shoes.  
Wrinkled socks against the skin.  
Excessive Moisture.  
Foot deformities.

Keep feet dry.  
Always wear socks as a cushion between your feet and shoes.  
Wear properly fitting shoes.  
Do not pop a blister. Carefully open a corner of the blister closest to the bottom of the foot with a sterilized utensil like a sewing needle, drain, apply antibiotic cream and cover with a bandage immediately.  
Treat a mild blister with soap and water; cover it with an antiseptic ointment and protective dressing.  
Check blister regularly to ensure it doesn't get infected. Remove the blister surface if needed. Use padding, such as moleskin to reduce friction.

**Calluses or Corns**

**What causes it?**

**How to prevent it**

Painful thickening and build up of skin that forms at points of pressure, over bony prominences, or on the bottom of foot.

Repeated friction and pressure from skin rubbing against bony areas or against an irregularity in a shoe.  
Heredity.  
Tight stockings.  
Tendon imbalance.

Wear supportive shoes with a wide toe box and a low heel.  
Use over-the-counter creams, but avoid medicated callus/corn remover pads. If you do not have diabetes, soak feet in warm water, and use a pumice stone or file to treat.  
Avoid tight-fitting shoes, socks and hosiery. Wear supportive shoes with a roomy toe box.  
Do not use heating devices on feet; instead soak in cool water and ice.

## Foot Odour

## What causes it?

## How to prevent it

Bromohidrosis  
(a.k.a. Foot Odour)  
Sweaty, smelly feet that do not itch or appear to have a rash.  
Increase of perspiration from the more than 250,000 sweat glands in the foot as a result of increased body temperature.

Closed shoes aggravate sweaty feet and set up the perfect environment for bacteria to grow, leading to more odour and more sweat.  
Increased bacterial count on the skin.

Rub cornstarch or spray antiperspirant directly on the soles of the feet and spray an antibacterial spray into shoes.  
Keep shoes and socks dry as a preventative measure.  
Practice good foot hygiene, including daily washing of the feet with soap and water; drying feet carefully, especially between the toes. Change shoes regularly.

## Fungal Nails

## What causes it?

## How to prevent it

Nine percent of men and women have suffered from nail problems.  
Thickened, discolored, loose, or deformed toenail  
Result of trauma to toenail

Could be an indication of other medical conditions such as diabetes, arthritis, cancer, and psoriasis. Often, the infection starts in the skin as athlete's foot, which may spread to the nails. Shoes and socks create a warm, dark, and humid environment which encourages fungal growth.

Keep shoes and socks dry as a preventative measure. Practice good foot hygiene, including daily washing of the feet with soap and water, drying feet carefully, especially between the toes. Change shoes regularly. Wear acrylic or cotton socks. Inspect toenails and trim them straight across on a regular basis. Do not use nail polish to cover discoloration.  
Podiatrists can prescribe: Novanail by Hathor Rx, a colored nail lacquer that you paint onto your infected nails to start treating the nail fungus at its source. Keralac Gel, a clear, odourless, quick-drying gel that treats thickened nails from conditions such as psoriasis and nail fungal infections by penetrating the nail's surface.

## Warts

## What causes it?

## How to prevent it

Painful thickening of the skin  
The development of a hard and flat, elevated surface most often on the sole of the foot

A virus causes warts, which typically invades the skin through small cuts and abrasions.

Avoid walking barefoot. Change shoes daily.  
Keep feet clean and dry. Avoid home treatments.  
Do not dig out warts, see a podiatrist for treatment.  
A podiatrist can treat warts using laser treatments or Duofilm, a liquid salicylic acid wart remover.

## Overall persistent pain

**Solution:** See a TOG Practitioner for professional gait analysis and custom made TOG orthotics.

**For more information contact your TOG practitioner.**