

Tips for Toes

As we get older, some experience a splaying or spreading of the bones in the feet. As a result, the feet become longer and wider. The result? Bigger shoe sizes!

If the feet develop corns , bruising, pressure on the nails or cramping while wearing shoes, it could be that the size has changed. So over the years, it is a good idea to have the shoe size checked. But one must remember to stand, not sit, during the sizing, as the feet spread out a bit when bearing weight!

If you have a problem with your feet, check with your podiatrist or family practitioner before attempting self treatment.

Dr. Joseph Setter, Midstate Podiatry Assoc.