

Foot Facts

Tips To Help You Care For Feet In Winter

(NAPSA)—Chilly weather, drying indoor heat and hectic schedules can be so rough on feet that it may take a little extra pampering to keep them healthy and happy.

“The colder months often leave our bodies susceptible to hosts of health problems and foot ailments are no exception,” said Dr. Ross Taubman, president of the American Podiatric Medical Association (APMA). “However, being proactive about things such as proper footwear and moisturizing are just two of the ways to prevent seasonal foot ailments.”

According to the APMA, the No. 1 way American women like to show their feet a little TLC is by applying moisturizer (48 percent), followed by an at-home massage (14 percent) and stretching (11 percent).

The APMA suggests these fixes to help get you back on your feet:

1. Massage your feet. Rub feet to release tension, increase circulation and rejuvenate the skin.

2. Soothe your soles. Soak feet for at least five minutes in a container filled with warm water. Pat your feet dry and apply lotion to hydrate your feet.

3. Elevate your legs. Lift your legs above your heart while lying down to help reduce swelling.

4. Rotate your ankles. Cup the foot under the back portion of the heel to brace the foot and leg and turn slowly at the ankle five times. This loosens the ankle joint and relaxes your feet.

5. Point your toes. While standing, do toe raises, toe points and toe curls for five seconds;



In order to put your best foot forward during the wintertime, it's a smart idea to pamper your feet with a massage that increases circulation.

repeat 10 times. This alleviates toe cramps and strengthens calf muscles.

6. If high heels are creating a burning sensation on the balls of your feet, use colorful ball-of-the-foot cushions such as Foot Petals Tip Toes. Not only do they pamper the feet, but they stop them from sliding forward by moving the center of pressure toward the heel.

7. If your heels hurt, you can put some spring in your step with the help of Spenco for Her Comfort Casual Insoles. Designed to absorb shock and curtail odor, they also prevent blisters, as well as cracked and callused heels.

8. If sassy party slingbacks are digging deep into your skin, create a protective barrier by using a moleskin or Foot Petals Strappy Strips to prevent blisters and strap slippage.

Check out the APMA's Web site, www.apma.org, for a list of approved products, including foot creams, scrubs and powders that are beneficial to maintaining good foot health.