

The podiatry administration office can be contacted by:

Email: [podiatry.enquiries@bradford.nhs.uk](mailto:podiatry.enquiries@bradford.nhs.uk)

Tel: 01274 221165

[www.bdct.nhs.uk/foothealth](http://www.bdct.nhs.uk/foothealth)

PODIATRY SERVICES

# Falls Prevention and Podiatry

Patient Information Leaflet

We value your feedback. Rate and review your care at  
Patient Opinion

<https://www.patientopinion.org.uk/>

NHS Choices

<http://www.nhs.uk/>

Online Questionnaire Friends and Family Test

<https://www.oc-meridian.com/BDCT/completion/custom/default.aspx?slid=134&did>

## Causes of Falls

There are many causes of Falls. Some of the foot related things that can affect your balance and lead to falls include:

- General Health
- Deformities
- Painful feet ( which can be for a number of reasons)
- Footwear

## Painful Feet

Painful feet can be as a result of corns or thick layers of callus. Pain can also be caused by structures within your foot that are strained due to the way you walk.

The Podiatry Department can reduce pain from these conditions, sometimes this can involve the use of specialised insoles.

## Footwear

Footwear is a major factor in slips, trips and falls. Wearing the correct footwear is one of the easiest ways to reduce your risk of falling.

Your footwear can increase the risks of falls if they are

- Ill fitting-too large or too small
- Old & worn out
- Slippery and/or high heeled footwear.

## Prevention & Treatment

Your most appropriate shoe for everyday wear should have

- Accurate fit - width, length and depth
- Low broad heel
- A heel cup
- A fastening onto the foot
- Thin and firm non slip soles
- Breathable upper and lining
- See Footwear Leaflet.

Do not walk barefoot or with just socks on.

Remember that it is important to have well-fitting slippers as well as shoes.

If you have a painful medical condition of the feet then it may be appropriate to seek referral to the Podiatry Department for assessment.