

# TIPS FOR SELF-CARE OF FEET FOR PREVENTION OF DISABILITIES



The Leprosy Mission  
Trust India

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## **Introduction**

Leprosy puts persons affected by the disease at a great risk of developing disabilities. Their eyes, hands and feet are vulnerable, as they can lose the sensation of pain in these parts of the body due to the disease, and this can lead to damage. Disability can bring them and their family members physical, social, mental and economic suffering. Disabilities can be prevented by practising simple self-care at home and in the community through simple measures.

This manual has been designed to help persons affected by leprosy take care of their feet which have lost sensation. Loss of sensation would mean there is no pain to warn about hot objects, too much pressure, or injuries. This can lead to neglect and cause further damage.

Please regularly follow all instructions given in this booklet. It will help you in preventing any further damage to your feet. If you detect loss of sensation in any other part of your body, please consult your nearest doctor or health worker.

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# Examine your Feet

**Set aside a definite time each day for  
this foot-care routine**

1

Inspect your Feet  
for redness, swelling,  
hot-spots, blisters,  
cracks or wounds



These are signs of injury. Think how they were caused.  
Avoid further injury

2

To soften the hard skin of feet, Soak your Feet in water for about 20 minutes



Loofa/Soft stone/pumice stone ▶



3

Scrape-off hard skin around cracks and old wound sites with the help of a soft stone, loofa or coconut coir



4

Rub in oil on your wet feet immediately after soaking and scraping



# Care for your Feet



1

Always cover the wounds with a clean cloth or bandage, to protect them against injury, dirt and infection



# Care for your Feet



2

GIVE ENOUGH REST to your affected foot. Keep the affected foot raised up on a pillow





3

AVOID WALKING.

If you have to walk,  
use crutches or stick  
for support



# Protect your Feet

1

Always sit away from heat and fire.



2

Correct way of sitting – Either SIT ON A STOOL or sit down with your LEGS EXTENDED



To avoid injury to your feet, DO NOT SQUAT, DO NOT SIT CROSS-LEGGED



Micro Cellular  
Rubber footwear with  
soft insole



3

Never walk bare feet. Always WEAR  
SHOES WITH PROTECTIVE PADDING



4

To cover long distances, ALWAYS USE A BICYCLE or other means of transport, instead of walking



# Exercise your Feet

In case of a FOOT-DROP

1

Hold the two ends of a long cloth with your hands. Place the middle of the cloth under your forefoot and pull the cloth upwards firmly 10 times as shown. Repeat this process about 3 times daily



2

Consult a doctor and wear a FOOT - spring

# TIMELY TREATMENT ALWAYS HELPS

**Thanks to Reconstructive surgery...  
Now clawed toes and Foot-Drop  
can be brought back to normal**



Foot – Before surgery



Foot – After surgery

# Health worker's report

Date:	Next Visit:	Improvement Record:	Remark:

Local Address:



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