



**Call your foot doctor
to make an appointment**



Special Olympics **Fit Feet**



Special Olympics
Fit Feet



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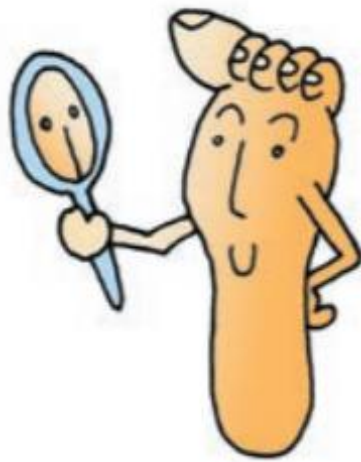
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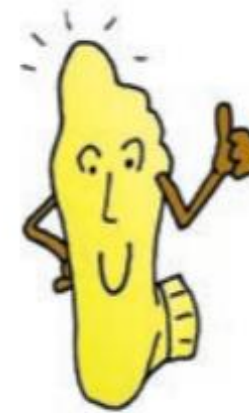
**General
Foot Care**



Wash with soap and water



Inspect your feet



Always wear clean socks

Dry thoroughly



Trim nails weekly



Make sure your shoes are the correct size and are clean inside



Use powder



You should be able to wiggle your toes

Keep your feet moisturized



Wear shoes or sandals to protect your feet

Change your socks and shoes regularly

