

How to Care for Your Feet



Produced and supervised by: The University of Tokyo,
The Institute of Medical Science
Published by: NIHON SUMO KYOKAI

Table of Contents

1. Why Do We Need to Care for Our Feet?	3
2. Daily Foot Care	
(1) Daily Foot Checks	4
(2) How to Wash Your Feet	5
(3) How to Dry Your Feet	6
(4) Moisturizing Your Feet	7
3. Taking Care of Built-up Calluses	8
4. How to Cut Your Toenails Well	10
5. Ringworm (Athlete's Foot)	11
6. For Those with Diabetes	13

Introduction

Our hospital provides foot care for those with lesions on their feet due to diabetes.

Based on the outpatient foot care we provide, we've put together this summary of how to care for your feet that'll be helpful for sumo wrestlers, who compete barefoot.

Please use it to help yourself care for your feet.



1. Why Do We Need to Care for Our Feet?

(1) To prevent foot injuries from worsening

By checking your feet every day, you can find wounds at earlier stage and that prevent wounds from worsening.

(2) To prevent serious injuries and infections from foot injuries

- People with diabetes are often unconscious of foot pain and don't recognize injuries or infections until those get worsened.
- You must pay close attention to your foot as infections from wounds on your foot may easily spread and cause cellulitis or other serious issues.

Check your feet frequently and keep them healthy.



2. Daily Foot Care



(1) Daily foot checks

① Wounds and bleeding

- Do you have any wounds or cuts?
- If you're bleeding, disinfect the cut and bandage it.

② Nails

- Are your nails too long? Are they deformed in any way?
- Do you see any swelling, cuts, or skin abnormalities around the nails, on the tips of your toes, or between your toes?

③ Soles and heels

- When you touch your soles or toes, do they feel numb in any spots?
- Are the calluses on your soles or heels too thick?
- Is the skin on your soles or heels hard and cracking?

* What are calluses? Calluses are the outermost layer of the skin. They thicken easily due to dryness or irritation.

(2) How to Wash Your Feet

- ① Wet your feet with water.
- ② Lather up regular or foaming soap well and use your hands to **gently wash** your toenails, your toes and the areas between them, the instep of your feet, your soles, and your heels, in that order.



- ③ Rinse them off thoroughly in the shower.

Tips to Keep in Mind When Washing

- ★ Scrubbing your feet can scratch the dead skin on them, making it easier for bacteria to get inside.
- ★ Remove dirt from any cracks in your skin by sitting in a way that puts no weight on your feet, washing them well, and rinsing them off in the shower.

(3) How to Dry Your Feet

Dry your feet with your own towel.

Make sure to also wipe away any moisture thoroughly between your toes and let those areas dry completely.

Bacteria can grow easily if any moisture is left over.



(4) Moisturizing Your Feet

Your feet are dry and prone to cracked skin after you wash them.

Apply a moisturizing cream all over your feet every day. In dry seasons like winter, you should also keep socks on as often as you can.



3. Taking Care of Built-up Calluses (1)

The skin on your feet should be thick to a certain degree to protect them from injuries and other issues. However, the skin in the areas you put your weight on can easily be hardened and thickened. If left uncared, it becomes too hard, cracks or blood oozes out and it won't heal easily.

To avoid them, apply moisturizing cream after bathing and use a callus remover regularly.

Example of a callus remover:



Removers from any brand or material will do. Choose something you are comfortable with.



3. Taking Care of Built-up Calluses (2)

How to use a callus remover

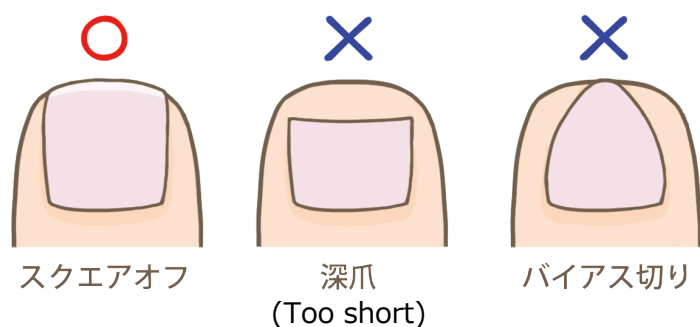
- ① Use a callus remover **on dry feet**.
If you use one while bathing, dry your feet off with a towel before doing so.
- ② Dampen the callus remover slightly before use, and scrub your feet with the callus remover several times, don't forget to check the hardness of the skin by touching with your hand. Do not remove the skin too much skin.
- ③ **Scrub your skin parallel to cracks in your skin** to avoid pulling the skin surface or widening them.
- ④ **Always apply moisturizing cream** after using a callus remover.

Tips to Keep in Mind When Using a Callus Remover

- ★ Compare the skin where you're scrubbing and the surrounding area by touching, and stop scrubbing while it still feels a bit harder than the surrounding area.

4. How to Cut Your Toenails Well

- ① Try to do it after bathing when the nails are soft
- ② Cut little by little from the tips to avoid splitting
- ③ Cut the nails so that they are level with the tips of your toes
- ④ **Leave 1 mm** of white on the tips of the toenails. **Cut them into square shapes** and file down both corners.



Tips to Keep in Mind When Cutting Your Toenails

- ★ Cutting your toenails into rounded shapes can lead to ingrown toenails.

5. Ringworm (Athlete's Foot) (1)

Cause

Ringworm is an infection caused by a fungus called Trichophyton, which uses keratin (the surface layer of the skin) as a nutrient source, forms lesions, and even spreads to other people.

Symptoms

The skin between the toes swell, become greyish, and cause the feeling of moist and itchiness; small blisters may be developed; and so on.

Consult a dermatologist immediately as other issues besides ringworm can cause similar symptoms.

Treatment

Ringworm can heal if you apply ointment properly (although pills may be required in some cases).

You may have to keep treating it for a long time, and you should continue doing so until your doctor tells you to stop.

5. Ringworm (Athlete's Foot) (2)

How to apply the ointment

- ① **Apply the ointment after bathing,** when it can permeate into the skin easily.
- ② Use about 2 cm of it—as shown below—for each foot. Use a bit at a time and **apply it to each toe one by one, and in between the toes.**
- ③ Apply any leftover ointment to the soles and use more when needed.
- ④ Keep rubbing it in until it's transparent.
- ⑤ Wash your hands well after applying it.



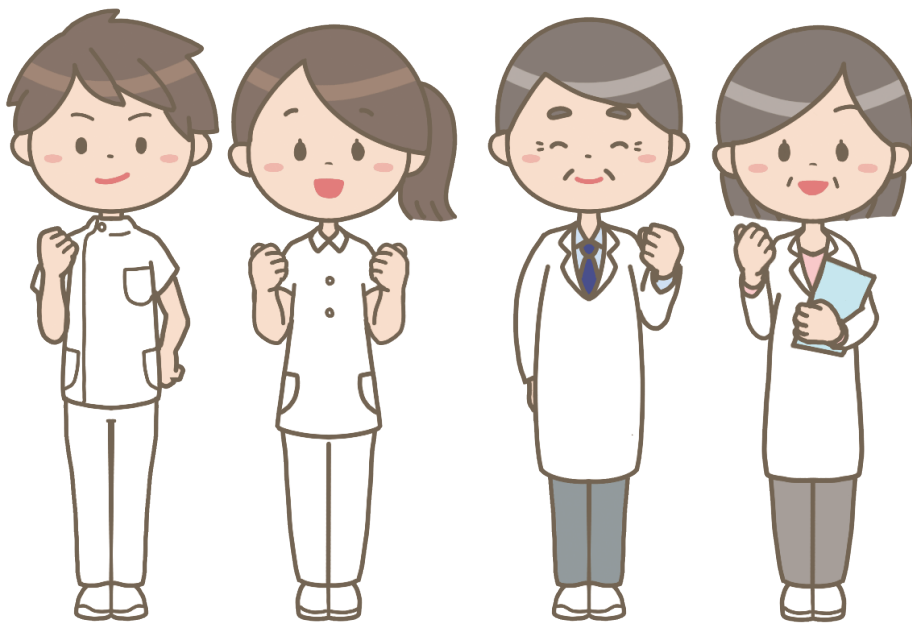
6. For Those with Diabetes

Diabetes can cause peripheral neuropathy in the tips of the toes and other areas, which can lead to infections, poor circulation, and more. These symptoms make it hard to feel pain even if your feet are injured, which can lead to several other issues. For example, noticing an injury late makes time for a wound to get infected and cause cellulitis, and having poor circulation makes wounds and infections harder to heal.

Keep your blood sugar at a proficient level, and make sure to monitor your feet well and care for them every day. Find any problems quickly and get them healed as soon as possible.

If you have a wound on your foot that won't heal and any swelling, warmth, or pain, consult your diabetes doctor.

We wish you all
the best of luck.



Ver. 4 (July 7, 2022)

Produced and supervised by: Hiromi Isshiki, Sixth Floor Head Nurse

Sixth Floor Nursing Team

The University of Tokyo,

The Institute of Medical Science

In cooperation with: Hiroshi Yotsuyanagi, Professor,

Infectious Diseases and Applied Immunology,

Hospital Director

Michiko Koga, Project Senior Assistant

Professor, Division of Infectious Diseases

The University of Tokyo,

The Institute of Medical Science

Please refrain from reproducing, reprinting, etc. information contained herein without permission.