

# Prevent Trips, Slips & Falls

Among older Americans, falls are the number one cause of injuries and death from injury. To help reduce the risk of falls, foot and ankle surgeons recommend keeping your feet and ankles healthy by following these helpful tips.

## DON'T IGNORE PAIN

Foot pain is not a normal consequence of growing older, so don't resign yourself to aching and suffering. Pay attention to what your feet are telling you, and see a foot and ankle surgeon for an accurate diagnosis when you experience pain.



## EXAMINE YOUR FEET

Make regular foot self-examinations a routine at home. At the first sign of bumps, lumps or other changes in your feet, make an appointment with your foot and ankle surgeon for further examination.



## EXERCISE

Simple stretching exercises can help you maintain strength and mobility in your feet and ankles, as well as provide pain relief. Talk to your foot and ankle surgeon about appropriate exercises to fit you.

## PROTECT

Use padding, insoles or whatever special footwear you are prescribed and wear them every day with comfortable, sensible shoes.

## BE FLEXIBLE

Remember, some foot and ankle conditions are treatable with conservative methods, but sometimes the best treatment option to help you stay on your feet is surgery. Many simple surgical techniques allow foot surgery to be performed on an outpatient basis. Talk to your foot and ankle surgeon for all your treatment options and keep an open mind.



For more foot and ankle health information, visit [FootHealthFacts.org](http://FootHealthFacts.org), the patient education website of the American College of Foot and Ankle Surgeons.



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