

# Foot-Care

The human foot is an amazing work of bioengineering. Yet we generally fail to take good care of our feet. We shove them into **ill-fitting** shoes, stand in high heels, and ignore them until we have an illness or injury.

The list of **disorders** of the foot is a long one. They range from **osteoarthritis**, Achilles **tendonitis**, **calluses**, and **corns**, to diabetic foot infections. People with **fallen or high arches** are likely to suffer from plantar fasciitis, also known as **heel-pain** syndrome, but wearing high heels for longer periods, or thin-soled, extremely flat shoes, may also affect fasciitis. The fascia run from the base of the heel to the toes, and anything

that puts pressure on the fascia can lead to injury or inflammation. A regular foot care program can prevent a lot of foot problems.

Female pharmacy customer: Hello, do you speak English?

PTA: Hello, yes I do. How may I help you?

I need some **advice** on foot care.

**What is the problem?**

My heels are very hard and dry, and there are large calluses on my big toes.

**We all tend to get dry feet in the winter.**

The thing is that I'm going on holiday in three weeks and when I tried on my sandals, I thought: "No way!"

**So, let's look at some foot care products to have your feet **presentable** in time for your holiday.**

I checked the internet, of course, but there is so much information, that you can't see the wood for the trees!

**That's what we are here for. Let's get started with your nails: do you have any problems with **ingrown toenails** or maybe a **fungal infection**?**

No, thank goodness. I once had a fungal infection, and it took ages of treatment to get rid of it.

**You said that you also have calluses on your big toes. You**

**don't have a hallux valgus, do you?**

Do you mean a bunion? No, I don't. My parents always made sure that we wore sensible shoes when we were young.

**You said that your heels were very dry, are they cracked at all?**

No, not yet. I want to avoid that, you never know what you might pick up in the sauna. I always wear flip flops when I shower there and make sure to dry my feet before putting on my socks and outdoor shoes again.

**That's good. Before removing calluses, you need to make sure that the feet are **damp**. You can soak your feet in warm water with this foot **bath supplement** for 10 to 15 minutes.**

I'll take that.

**After soaking, dry your feet, and use a **pumice** stone, or a **callus remover** for the hard skin. This one here is our best-seller, I use it myself and it's very effective at removing hard skin. After peeling, it is important to **moisturize**.**

Which moisturizer do you recommend?

**Products with urea are great moisturizing creams.**

I certainly need that! You are on your feet all day, how do you manage?

**I wear comfortable shoes, not too tight and not too flat. I also do a little foot massage with a foot roller when I have the time.**

You have been a great help. Thank you, so much!

**No problem, here you are.**

Thanks again. Goodbye!

**Bye! ■**

*Catherine Croghan,  
Lecturer in English and native speaker*

## VOCABULARY

foot-care	Fußpflege
ill-fitting	schlecht passend, schlechtsitzend
disorders	Erkrankungen
osteoarthritis	Arthrose, Gelenkverschleiß
tendonitis	Sehnenentzündung
calluses	Schwielen, Hornhaut
corns	Hühneraugen
fallen arches	Senkfüße
high arches	Hohlfüße
heel-pain	Fersenschmerz
advice	Beratung
presentable	vorzeigbar
ingrown toenails	eingewachsene Zehennägel
damp	feucht
bath supplement	Badezusatz
pumice	Bims
callus remover	Hornhautentferner (mechanisch)
moisturize	befeuchten, mit Feuchtigkeitscreme eincremen

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