

# Don't Let Foot Problems Trip You Up: Why Senior Feet Need Clinical Care

## Common Senior Foot Problems



**Foot ulcers**  
(i.e., open wounds/sores on the feet sometimes caused by diabetes)



**Loss of sensation in the feet**  
(e.g., numbness, tingling, cold)



**Ingrown nails**  
(i.e., nails protruding into the soft tissue of the toes on the sides of the nail)



**Fallen/Collapsed arches**  
(Your arches can collapse due to changes in your foot from aging)



**Fungal nails, and fungal infections on the foot**



**Arthritis or other joint pain in the toes, foot, or ankle**

Less common conditions include hammertoes, clawtoe, bone spurs, bursitis, and gout.

## When to Seek Care from a Podiatrist

If you notice sores or cuts on your foot that aren't healing. If a wound or ulcer is oozing, has pus, or shows other signs of infection.

If you experience pain exceeding a dull ache, that only occurs during ambulatory movement or when resting weight upon it. Especially if that pain is transient and stops when at rest.

If you feel numbness, tingling, or discomfort, in the foot or joint. If you feel cramping of the muscles or an unusual coldness in the feet.

If your foot becomes less sensitive to pain, stops feeling heat or cold, or otherwise loses sensation in the foot.

If you notice changes in your foot's shape, texture, color, or rigidity.

If you notice changes in your nails' texture, brittleness, or color.

If you notice blisters, cracked skin, corns, calluses, or warts present on the foot.

To learn about the podiatry services available from Aria Care Partners, visit [ariacarepartners.com/podiatry](http://ariacarepartners.com/podiatry) or call **(877) 674-1211**