
FOOT CARE TIPS

- **Do** wear well-fitting shoes.
- **Do** shop at reputable stores with staff that are knowledgeable who can fit your shoes professionally, preferably in the afternoon as your feet swell.
- **Do** check your feet daily and in particular, feel for skin temperature differences between your feet.
- **Do** wear socks at night if your feet get cold
- **Do** elevate your feet when you are sitting
- **Do** wiggle your toes and move your ankles around for a few minutes several times a day to improve blood flow in your feet and legs.
- **Do** exercise regularly to improve circulation.
- **Don't** wear over the counter insoles, high heels, pointed toe shoes, sandals or worn out shoes.
- **Don't** ever go barefoot, even indoors.
- **Don't** wear anything tight around your legs, such as tight socks or knee-highs.
- **Don't** put hot water bottles or heating pads on your feet.
- **Don't** cross your legs for long periods of time.
- **Don't** smoke as it decreases circulation and healing and significantly increases the risk of amputation.
- **Don't** have pedicures by non-healthcare professionals.

- **Don't** use over the counter medication to treat corns or warts. They are dangerous for people with diabetes.

(Diabetes Canada, 2018)

For up-to-date information about local services at any time, contact 211 Ontario by dialing 211 on any phone OR visiting www.211ontario.ca



**DIABETES
CANADA**

**Barrie and Area Diabetes Collaborative
Nov 2022**

FOOT CARE FOR PEOPLE WITH DIABETES

*A Step Toward
Good Health*



FOOT CARE PROVIDERS

Advanced Nursing Foot Care

Mobile Service
(705) 792-5074
In Home – \$45

Atrium Foot Clinic

302-190 Cundles Rd. E., Barrie, ON
(705) 722-3044
Initial – \$70-90
Follow-Up – \$45 & up

Barrie Foot Clinic

140 Bradford St., Barrie, ON
(705) 739-6181
Initial – \$90
Follow-Up – \$60

Professional Foot Care

48 Alliance Blvd., Barrie, ON
(705) 739-4333
In Office - \$55
In Home - \$65

Sarah Ann's Foot Care Services

98 Essa Rd., Barrie, ON
(705) 792-4397
Initial - \$90-100
Follow-Up - \$55

CBI Home Health

74 Cedar Point Drive, #1002, Barrie, ON
(705) 734-2235
Home Visit – \$50

The Stride Clinic

74 Cedar Point Dr., Unit 1016, Barrie, ON
(705) 735-1013
In Clinic - \$80
In Home - \$70

On the Ball Orthotics

750 Big Bay Point Rd, Barrie ON
(705) 252-1177
At store location - \$60
Home visit - \$65

BioPed Footcare & Orthotics

515 Bryne Dr., Barrie, ON
(705)-727-9990
Initial - \$55
Follow-Up – \$45

*** Providers listed may have Veteran's coverage or Senior's discounts that are not noted above ***