

# The Importance of Regular Toenail Cutting for Better Foot Health and Fall Prevention

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Regular toenail cutting and foot checks are vital for maintaining foot health, especially for older people. Age Concern Hampshire is committed to making these essential services accessible and affordable, with Foot Care clinics located throughout the county. Offering affordable 6-weekly appointments helping prevent discomfort, improve balance, and reduce the risk of falls, ensures older people can maintain their mobility and live more comfortably.

In addition to reducing pain, regular toenail cutting is essential for maintaining good posture, balance, and coordination. Healthy feet with properly trimmed toenails help ensure that toes remain straight and aligned, providing a solid foundation for walking. Misalignment or pressure from improperly maintained toenails can cause unbalanced movement, increasing the risk of falls. Ensuring toenails are trimmed regularly as part of a foot health check helps keep walking safe and stable.

*Michele Ralph, Foot Care Coordinator at Age Concern Hampshire, says, "As we expand our clinic locations across Hampshire, we're making foot care more accessible and affordable to those who need it most. Regular foot checks and toenail cutting are crucial for preventing falls and helping older people maintain their mobility and comfort."*

Each appointment is conducted by a fully qualified foot health practitioner, who performs routine foot health checks as part of the service. These checkups provide an opportunity to identify early signs of other foot issues, such as fungal infections, ingrown toenails, and other conditions. Early detection enables prompt treatment, helping to prevent these problems from escalating and promoting better overall foot health.

Age Concern Hampshire offers foot health clinics throughout the county, ensuring that essential services are easily accessible to older people in various communities. With locations across Hampshire, and new clinics coming soon, these services provide regular toenail cutting and comprehensive foot checks, helping individuals maintain their mobility and comfort. For more information, visit their website at <https://www.ageconcernhampshire.org.uk/our-services-hampshire/footcare/> or book an appointment by calling 01962 868545.

## Note to Editors:

Founded in 1985, Age Concern Hampshire provide services to the older community of Hampshire. The charity currently deliver support at their Care & Wellbeing centres throughout the county, as well as Foot Care clinics, Help at Home, Information via their Information Hub, Hospital to Home Services, Community Information Volunteer Services and a variety of other activities.

For more information, visit: [www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)

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