



Toenail Trimmers, LLC

Issues of Mature Feet

Why are foot concerns typically not noted until later in life? Many changes take place in our bodies as we mature. Our skin, eyes, and other body parts, including our feet, change over time. The changes experienced in the feet can lead to many issues, ranging from skin and nail changes to pain or discomfort. Not all changes happen to everyone, but generally the following changes take place in maturing feet:

- **Loss of fat padding:** Aging reduction of the fat pads to the ball and heel of the foot. This change may lead to calluses and/or pain when walking from increased pressure to the underlying bones.
- **Flattening of arches:** There are 2 arches in our feet, one that spans the length of our feet and another across the width of our feet. Aging causes the tissues of the foot to relax, leading to a reduced arch(es). This change may lead a wider and/or longer foot, which can require longer and/or wider shoes to accommodate any sizing changes.
- **Curled/flexed toes:** Aging causes the tendons of the feet and toes to tightening, which, in turn, causes toes to curl. This may lead to increased pressure and/or rubbing of the toes in shoes, causing calluses on the tips of toes and/or on the toe joints. This change may require a deeper toe box in our shoes to give our toes room.
- **Thickened/discolored toenails:** Aging causes changes to our skin, which affects our nails, often causing thicker and/or discolored toenails. This change may create a challenge in manage nails independently.

Age-related changes in our bodies, including feet and nails, are common, but may cause you concern. If so, Toenail Trimmers, LLC can help with a foot assessment, education specific to your feet, and foot and nail care to improve your foot concerns.