

## Available Reproducibles by Subject

### Children

Back to School Shoe Shopping Tips  
Children's Feet - English  
Children's Feet - Spanish  
Children's Shoe Shopping Tips - English  
Children's Shoe Shopping Tips - Spanish  
Common Childhood Foot Complications - English  
Common Childhood Foot Complications - Spanish  
Common Childhood Foot Conditions  
FAQ: Children's Foot Health  
Keep Kids Moving: Shoes for the Right Sport  
Little Johnny Sorefoot  
Meet My Feet Interactive Tip Sheet  
Shoe Hollywood Stories: Starting Your Child Off on the Right Foot  
Sport-Specific Footwear Gives Kids a Boost - English  
Sport-Specific Footwear Gives Kids a Boost - Spanish  
Sports and Your Children's Feet  
Taking Care of Your Feet is Not Child's Play

### Common Foot Ailments

A Guide to Common Foot Deformities  
Arthritis and Your Feet  
Athlete's Foot  
Bunions - English  
Bunions - Spanish  
Foot and Ankle Injuries  
Hammertoes  
Nail Problems  
Stress Fractures  
Top Ten Foot Problems  
Twenty Examples of Common Foot and Ankle Ailments  
Warts  
What are Blisters?  
What are Corns or Calluses?  
What are Your Feet Saying About You?  
What is a Flat Foot?  
What is a Fungal Nail Infection?  
What is a Hammer Toe?  
What is a Neuroma?  
What is an Ingrown Toenail?  
What is Arthritis?  
What is Athlete's Foot?

### Diabetes

Amputation Prevention Checklist - English  
Amputation Prevention Checklist - Spanish  
Annual Comprehensive Diabetes Foot Exam Form\*  
APMA Seal Holding Diabetes Products  
Be Sweet to Your Feet if You Have Diabetes\*  
Comprehensive Diabetes Foot Examination Form  
Diabetes  
Diabetes and Your Feet  
Diabetes by the Numbers: Florida  
Diabetes Foot Facts - English  
Diabetes Foot Facts - Spanish  
Diabetes Key Messages  
Diabetes True and False Quiz - English  
Diabetes True and False Quiz - Spanish  
Diabetic Ulcer Treatment Options - English  
Diabetic Ulcer Treatment Options - Spanish  
Diabetic Ulcers: Frequently Asked Questions - English  
Diabetic Ulcers: Frequently Asked Questions - Spanish  
Diabetic Wound Care  
Don't Let Diabetes Get a Foothold on You - English  
Don't Let Diabetes Get a Foothold on You - Spanish

\*These documents are courtesy of the National Diabetes Education Program (NDEP)

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### Diabetes (cont.)

FAQ - Diabetes and the Feet - English  
FAQ - Diabetes and the Feet - Spanish  
Feet Kit (Preventing Diabetes Foot Problems)\*  
Flow Chart for Diabetes Foot Exams\*  
Foot Health and Diabetes\*  
Frequently Asked Questions on Diabetes  
High Risk Feet Sticker Template\*  
Keeping Feet Healthy and Happy\*  
NDEP Tool Kit: Preventing Type 2 Diabetes\*  
Podiatry Brochure About Diabetes\*  
Questions for Your Doctor (Diabetes) - English  
Questions for Your Doctor (Diabetes) - Spanish  
Quiz on Diabetes and the Feet - English  
Quiz on Diabetes and the Feet - Spanish  
Regular Foot Care Can Prevent Diabetic Amputation - English  
Regular Foot Care Can Prevent Diabetic Amputation - Spanish  
Shoes and Socks Take 'Em Off Sign - English\*  
Shoes and Socks Take 'Em Off Sign - Spanish\*  
Take Care of Your Feet for a Lifetime - English\*  
Take Care of Your Feet for a Lifetime - Spanish\*  
Team Care: Comprehensive Lifetime Management for Diabetes\*  
What is a Diabetic Ulcer?  
Working Together to Manage Diabetes\*  
Your Diabetes Management Team - English  
Your Diabetes Management Team - Spanish

### Foot Care

All Toes On-Deck  
FAQs About Foot Care  
General Foot Health  
Holidays Hurting the Feet?  
Keep Your Feet Fit For Life Checklist  
New Year's Foot Fixes  
Pedicure Pointers  
Proper Foot Care for You and Your Family  
Proper Foot Care Vital for Those with Diabetes - English  
Proper Foot Care Vital for Those with Diabetes - Spanish  
Quiz on General Foot Health  
Shoe Hollywood Stories: Give Your Feet Star Treatment  
Shoe Hollywood Stories: Personal Toe Training  
Shoe Hollywood Stories: Profiles  
Shoe Hollywood Stories: The Sole Scoop  
Spring into the Season with Fabulous Feet  
Summer Foot Fixes  
Ten Tips for Healthy Feet  
Travel Tips - Ideas for Good Foot Health When Traveling  
Ultimate Exercises for Stylish Feet

### Footwear

A Shoe for Every Sport  
Best Bets for Boot Buying  
Choosing a Walking Shoe That's Right for You  
Fall Into Boots That Feel Good  
Footwear - English  
Footwear - Spanish  
Footwear Fashion Calendar  
Secrets to Avoiding a Sandal Scandal  
Shoe Shopping Checklist  
The Sandal Scandal  
Tips for Buying and Wearing Shoes for Adults and Children  
Tips to Avoid a Flip Flop Fiasco  
Well-Heeled, Footwear Advice to Avoid Pain - English  
Well-Heeled, Footwear Advice to Avoid Pain - Spanish

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## **Available Reproducibles by Subject**

### **Heel Pain**

Get a Jump on Heel Pain & Sports - English  
Get a Jump on Heel Pain & Sports - Spanish  
Heel Pain  
Heel Pain Diagram - English  
Heel Pain Diagram - Spanish  
Heel Pain FAQ - English  
Heel Pain FAQ - Spanish  
Heel Pain Guide  
Heel Pain - Key Messages - English  
Heel Pain - Key Messages - Spanish  
Plantar Fasciitis/Heel Pain  
Steps to Overcoming Your Heel Pain - English  
Steps to Overcoming Your Heel Pain - Spanish

### **Miscellaneous Health Issues**

Arterial Disease and Amputation - English  
Arterial Disease and Amputation - Spanish  
High Blood Pressure  
Peripheral Arterial Disease (PAD)  
Peripheral Neuropathy  
Restless Legs Syndrome Fact Sheet  
Skin Cancers of the Feet

### **Orthotics**

Orthotics - English  
Orthotics - Spanish  
Prescription Orthotics  
Tips on Finding a Sole Solution to Foot Pain - English  
Tips on Finding a Sole Solution to Foot Pain - Spanish

### **Podiatry**

Patient Checklist  
Podiatric Medicine  
Today's Podiatrist  
What You Should Know About Your Podiatrist and the Podiatric Profession

### **Pregnancy**

FAQ - Pregnancy and Pediatric Foot Health - English  
FAQ - Pregnancy and Pediatric Foot Health - Spanish  
Pregnancy & Your Feet - English  
Pregnancy & Your Feet - Spanish

### **Seniors**

Aging and Your Feet  
Medicare  
Walking Tips for Seniors

### **Sports**

Aerobics and Your Feet  
Baseball and Your Feet  
Basketball and Your Feet  
Contact Sports and Your Feet  
Cycling and Your Feet  
Fitness and Your Feet  
Foot-Friendly Tips to Prevent Common Running Injuries  
Golf and Your Feet  
Running and Your Feet  
Tennis and Your Feet  
Winter Sports and Your Feet

## Available Reproducibles by Subject

### Surgery

Forefoot Surgery  
Rearfoot Surgery

### Walking

A True or False Quiz About Walking  
Alternatives to Walking  
APMA 2009 Walking Guide  
Exercise Walking and Your Feet  
Gearing Up for Walking Guide  
Get in Step! Walk for Exercise  
Preparing Your Feet for a Lifetime of Walking  
Recommendations for Starting a Walking Program  
Stretching Tips for Exercise Walkers  
The Amazing Facts About Walking  
The Top 10 Do's and Don'ts for Walking  
The Top 10 Excuses Not to Walk  
Walk a Mile with Happy and Healthy Feet - English  
Walk a Mile with Happy and Healthy Feet - Spanish  
Walk Your Way to Better Health  
Walking