

Footwear

Badly fitting shoes are a common cause of damage to feet.

As we grow older soft tissues and ligaments stretch so feet can change in size and shape. When choosing shoes consider the type of foot you have, your age, medical conditions and any foot problems you have. A Podiatrist would be able to offer further advice on the type of shoe you require and give names of local stockists.

Wear the right shoe for the job, be it work, rest or play.

What makes a good shoe?

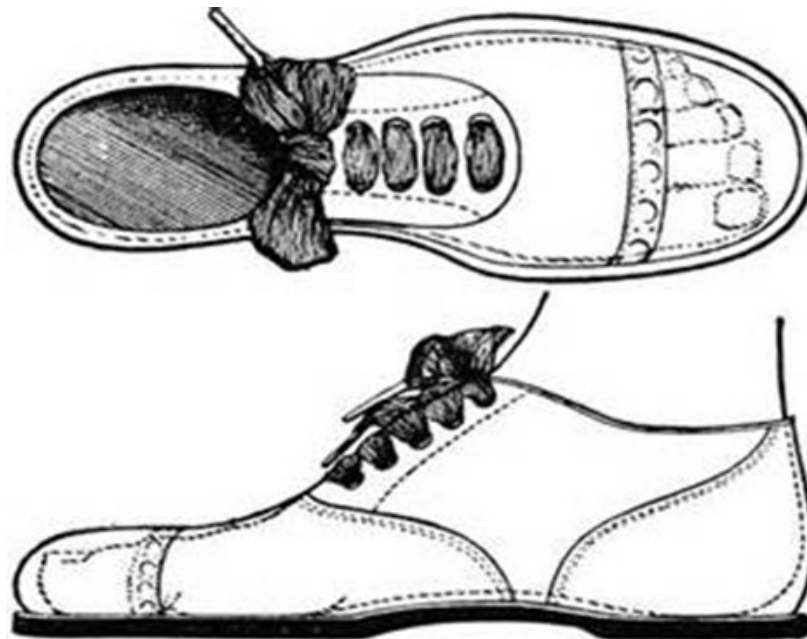
Linings: inside the shoe, smooth, seamless, breathable fabric.

Upper: flexible breathable material with no hard seams or stitching.

Toe box: round and wide and deep enough to accommodate toe deformities. Toes should be free to wiggle.

Length: ensure, when standing a 1cm gap for your longest toe at the end of the shoe.

Sole: shock absorbing cushioning non-slip materials.



Heel: A low broad heel (below 4cm) increases stability and reduces the pressure on the front of the foot. Avoid completely flat shoes such as ballerina pumps.

Firm heel counter: stabilises your heel on the ground during walking. Shoes will need to be changed when the counter becomes out of shape.

Width: the widest part of your foot should fit the widest section of the shoe. There should be no pressure on the joints at the sides of your foot.

Insole (footbed): if you wear insoles/orthoses you may need to choose a shoe with a removable insole.

Fastening: choose a firm adjustable fastening such as a Velcro strap or a lace up (minimum of 5 eyelets). This will anchor your foot against the heel counter and prevent the foot sliding forward minimising fatigue and skin damage.