



Southern Health
and Social Care Trust

Quality Care - for you, with you

Podiatry for Adults with a Learning Disability



5 Steps to Fab Footwear



Size

Get your feet measured.



Heels

Not too high or too flat with firm heel counter.



Offer support

Should not bend at arch



Extra cushioning

Have a thick sole



Secure

Have laces or a strap



Follow these 5 steps to Fab Footwear