

Advice on Good Footwear

Properly fitted shoes can reduce foot problems and may also improve your balance and stability.

Shoes that do not fit right can cause serious foot problems and also can cause falls.

There is no such thing as a perfect shoe. Feet come in different shapes and sizes, and everybody has different requirements when it comes to selecting a safe shoe.

Choose the right shoe for your activity. While a shoe with a little heel can be good for a special occasion, lace ups are best for when you are active and walk around a lot.

Avoid wearing loose-fitting or open-backed slippers, sandals, or shoes with heels; they might cause you to slip or trip. Shoes need to fit well - even if you are only wearing them around the house. Wearing safe, supportive shoes is therefore a good way of preventing falls.



When **buying shoes** make sure that they are deep enough and wide enough; your toes should not touch the end of the shoe - you need a gap of about half an inch (1cm) at the end of your longest toe. Don't buy shoes that need 'breaking in', they should be comfortable straight away.

Shop for shoes later in the day when your feet are largest (most feet tend to swell during the day).

