

# Finding the right shoes

Shoes that fit well protect and support your feet and may improve your balance and stability.

Keep your shoes in **good condition** – check for uneven heel wear or worn soles.

If you can, get your **feet measured** when buying new shoes as your foot shape can change with age.

Shoes should be comfortable when you try them on.

If your **shoes don't fit well** they can make even mild foot problems worse.

**Don't buy** them if they're **too tight** thinking you can break them in.

It's a good idea to **shop for shoes in the afternoon** if your feet swell during the day.

You **don't** have to buy specially-made or **expensive footwear**.

Following the **tips** on our handy shoe diagram will help you find the **right shoes** at an **affordable** price.

You can also **ask your chiropodist** for advice on the **best** footwear for you.

## Indoor footwear

Walking indoors in bare feet, socks or tights can **increase your risk of falling**.

**Avoid wearing** soft, floppy, loose-fitting or open-backed slippers such as mules (slip-ons) because these can cause you to trip.

Look for slippers that have **velcro fastening** and a **cushioned sole**, with a high collar at the back that fits snugly around your ankle, helping you to improve **stability**.

Well- fitting **shoes** provide better support than well- fitting slippers.

If you are **unsteady on your feet** or have already had a **fall**, consider wearing comfortable **shoes** at home instead of slippers.



# What makes a shoe safe or unsafe?

## Safe shoe



- 1 Make sure the shoe has a firm heel collar to support your ankle, and that it fits snugly round your heel.
- 2 Look for a low, broad heel. This provides good ground contact which is best for keeping you stable.



- 3 Check that the soles are flexible, lightweight, slip-resistant, and made from rubber.
- 4 Choose shoes which are firmly secured with adjustable fastenings such as velcro, straps with buckles, or laces, to prevent your toes being crushed or rubbed by your feet slipping forward.

## Unsafe shoe



- 1 Slip-on shoes such as sling-backs or moccasins can slip off easily and trip you up.
- 2 Don't buy shoes with slippery soles, such as leather soles, because they can cause you to fall, especially in wet weather.



- 3 Try not to choose shoes with a heel higher than one inch, or with a narrow heel. High heels or narrow heels make your feet unstable and can cause your ankles to turn.