

Footwear Advice

It is most important to wear shoes that fit correctly to prevent damage to the feet and help you to walk comfortably and safely.

Problems Caused by Badly Fitting Shoes

Falls

Badly fitting shoes can lead to falls. Loose shoes can cause tripping. High heels can cause you over balance.

Painful Feet: Blisters

These can be caused if the shoe is too loose and slips up and down. Blisters can occur on the toes and heels. Slips on shoes often do this as they have no fastening to stop the shoe moving.

Toe Deformities

These can occur if the shoe is too tight e.g. Overlapping toes and bunions. A loose shoe will cause you to curl your toes to try and grip the shoes to keep it on.

Nail Problems

Nails can become thickened or ingrown if the shoe is too tight around the toe area.

Corns

Corns form because of pressure and friction. They can be hard or soft. Hard corns are usually found over joints where the skin has been pressed between the shoe and the bone. Soft corns occur between the toes when the toes are pushed together.

Tips for good Footwear

Shoe size

Have your feet measured for length and width. Ensure that the shoe is deep enough to allow room for your toes. You should be able to wiggle your toes in the shoe.

Fit

Shoes should have a fastening e.g. lace, strap and buckle or Velcro to stop the shoe slipping. A fastening will also allow the foot to be held back in the shoe to give the toes plenty of room.

Shape

The front of the shoe should be 'foot shaped'. Narrow or pointed shoes will squash toes. Fancy stitching or seam across the toes can rub. A high heel pushes your weight onto the ball of the foot

and can cause pain and callus (hard skin). High heels can also cause ankle, knee or back pain. Trainers are good as they provide cushioning, have laces and are foot shaped.

Comfort

Shoes should be comfortable in the shop. Do not expect to “break shoes in” – you will also damage your feet. Choose a material that is soft and will mould to your foot e.g. leather canvas or suede. Hard materials e.g. plastic or patent are likely to rub. All shoes should be worn with socks, stockings or tights as this helps to prevent blisters.

Source:

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