

Your Health Matters

FOOTWEAR

The right footwear will help you walk safely and keep your balance.



Selecting safe footwear:

- Closed-toed and closed-heeled shoes.
- Firm non-slip soles.
- Firm heel cup to stabilize your ankle.
- Uppers that mould to your feet and help absorb perspiration.
- Lightweight shoe with a low, wide heel of less than 1.5 inches.
- Velcro or stretch-laces that make it easier for adjusting.
- Examples of good footwear are running shoes, walking shoes and slip on loafers with a back.

Fitting your shoe:

- Your shoe should be wide enough so you can wiggle your toes.
- Your shoe should be long enough to have one pinky finger width space between your heel and the back of your shoe with your toes comfortably touching the front of your shoe.
- Go shoe shopping late in the day when your feet are likely to be more swollen.
- If you use an orthotic, get shoes fitted with the orthotic inserted.
- Pick the shoe size that fits the larger of your two feet.

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