

If you have any queries please contact:

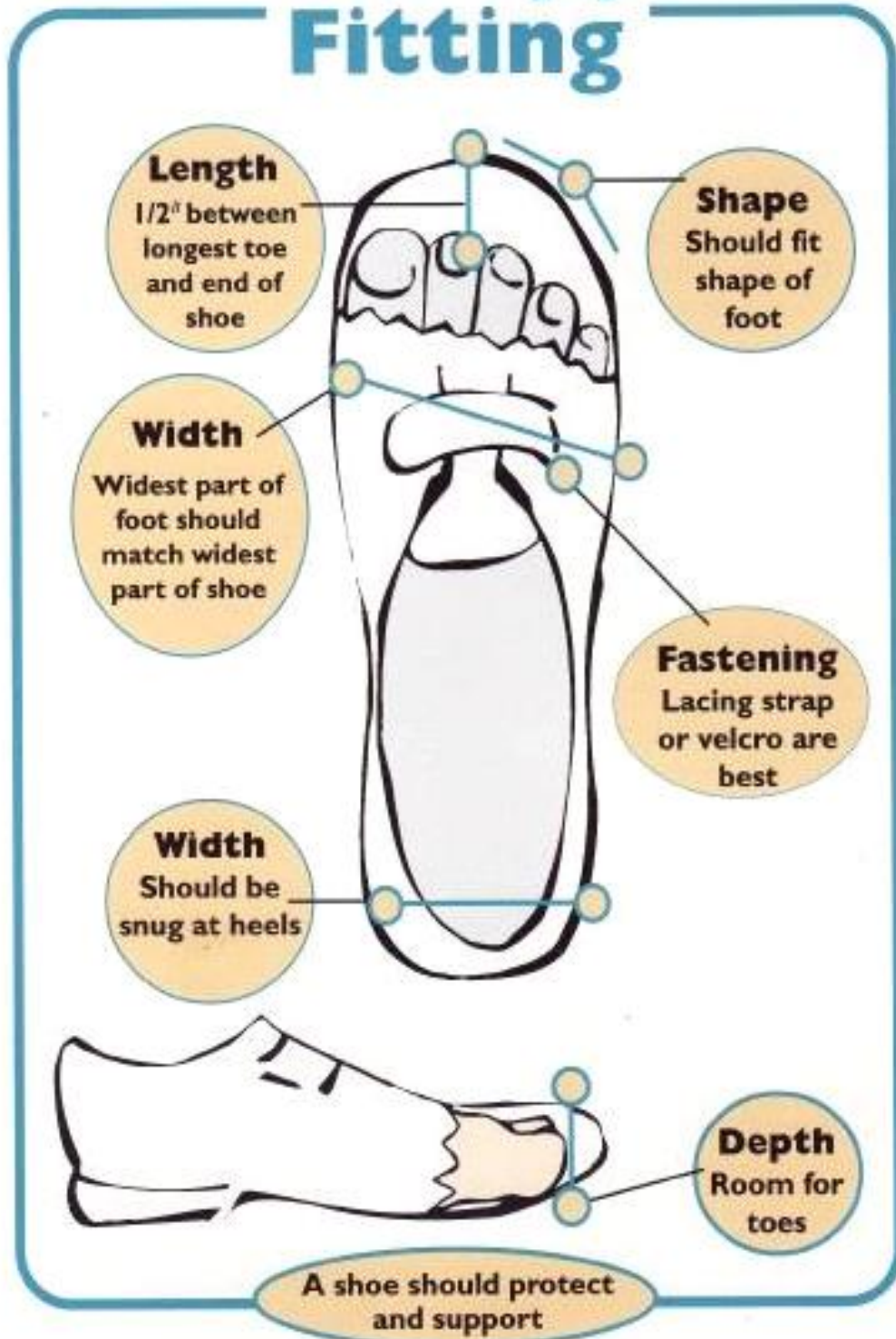
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FOOTWEAR ADVICE LEAFLET

Shoe/Slipper Fitting



There are many styles of shoes available on the high street and the Internet. However knowing what size and style to choose can sometimes be difficult. Suitable footwear is critical if it has to work in combination with orthoses (e.g. insoles, ankle supports) that you may have been provided with by your Orthotist.

THINGS TO CONSIDER BEFORE PURCHASING

- If one foot is bigger than the other always buy for the bigger foot.
- If your feet are prone to swelling try footwear on later in the day so the footwear does not become too small.
- Always wear socks or stockings with your footwear to maintain good foot hygiene.
- Where possible the uppers and linings of your shoes should be made from natural materials such as soft leather. This will reduce chances of rubbing and sweating.
- If you suffer from specific conditions such as Diabetes or Rheumatoid Arthritis please take more specific advice from your consultant.

KEY FEATURES

Shoe size

There should always be approximately 12mm (1/2") from the end of the longest toe to the end of the shoe.

Width

Check that there is sufficient width across the widest part at the front of your foot.

Depth

Sufficient depth in the toe box (over your toes) to accommodate your toes.

Fastening

Secure fastening (i.e. Velcro/ lacing) over the instep to hold the foot firmly in the shoe. This will prevent the foot from slipping forward when walking. It will also help maintain the position of the heel in the heel counter. (Back of the shoe) **Please avoid** slip-on type shoes.



Insole

Check the footwear to see if the insole can be removed. This is helpful if you have been prescribed with insoles or other orthoses.

Heel Counter

Should be firm and offer support to the heel.

Outer sole

Should provide good grip and shock absorption, but should not be over flexible.

Heel height

A shoe with a low heel that is no more than 30mm (1¼"), as this will help reduce the pressure on the ball of the foot. Also a wide heel will increase the base of support and provide increased stability when walking.



Boots

Boots often tend to have a firmer heel counter and can be used for additional stability around the ankles.

Breaking-in period

New footwear should be broken/worn in gradually to reduce the chance of initial rubbing or discomfort.

Durability

You know it's time to repair or replace your shoes when you have scuffed heels or flat spots on the outer sole, or when the back edge of the heel gets so worn that it's angling sharply.



Remember

Please remember to bring suitable shoes when attending appointments for fitting of insoles or other orthoses.

We hope the information in this leaflet will prove useful in obtaining footwear suitable for your needs.

For a copy of this booklet in larger print, Braille, or your community language (Arabic, Bengali, Chinese, Urdu or Polish), please call 0131 536 9434.