

Bristol Community Health



**Patient information
interpreters,
translations
and other formats**

To ask for an interpreter or signer:

phone: 0117 919 0275

To get this leaflet:

- in large print
- in Braille
- by email or on disk
- on audio cassette

phone 0117 919 0275

For 24 Hours NHS help and advice

NHS Direct on 0845 4647

NHS Direct website

www.nhsdirect.nhs.uk

April 2009

Bristol Community Health

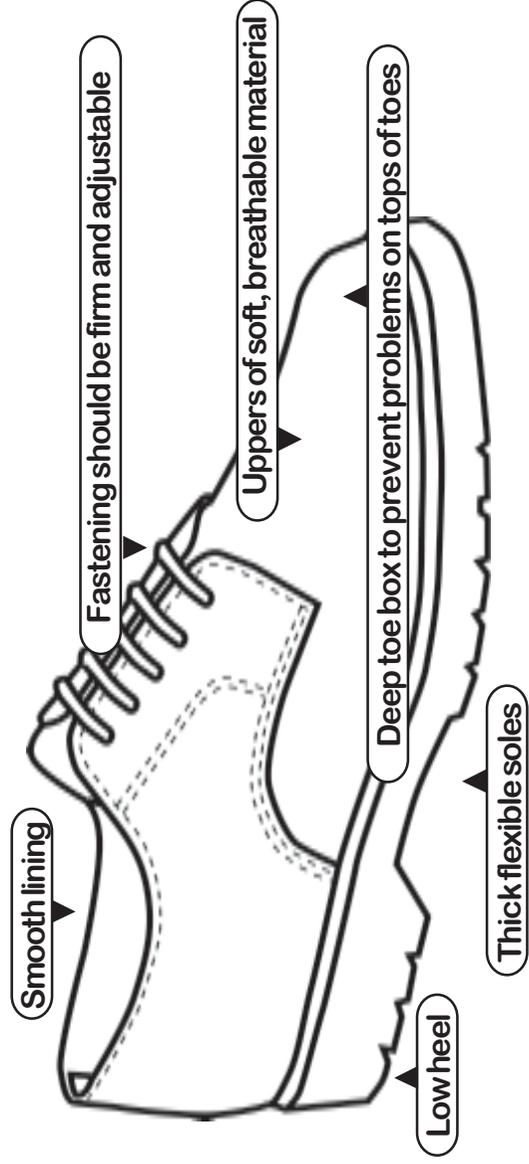
Podiatry Department

Ideal Footwear



L17

The Ideal Shoe



What is a good shoe?

A good shoe:

- Is foot shaped (if you stand on a piece of paper and draw around your foot, you can compare the shape of your foot with the shape of the bottom of your shoe).
- Is deep enough at the front so your toes are free to move.
- Has a low chunky heel or low wedge for balance.
- Has a thick bouncy sole for cushioning (leather soled shoes are hard to walk on).
- Has a flexible sole.
- Holds the foot firmly in place by a lace, strap or velcro fastening for support.
- Is preferably made of leather (but not patent which is too hard).
- Has a smooth lining (stitching may rub).

How do I buy a good shoe?

- Ask for your feet to be measured whilst standing.
- Try shoes on at the end of the day to allow for swelling.
- Walk around the shop in the shoes.
- Try shoes on in your normal socks or tights.
- If your podiatrist has given you an insole or orthotic, take them with you when trying on a new pair of shoes.
- Well fitting shoes do not need heel grips.
- New shoes should feel comfortable straight away.
- Go to a shop that has shoes in a wide range of sizes including half sizes and different width fittings.

Your course of podiatry treatment may not be effective unless you are wearing well fitting shoes.

Why might I need to change my shoes?

Many foot problems can be caused by shoes, i.e.

- corns
- hard skin
- ingrowing toenails
- painful joints and bunions
- blisters and ulcers

Your foot shape and size can alter over time. Some people have medical conditions which mean their feet need extra support, e.g. osteoarthritis or diabetes.

If you have any questions about footwear, your podiatrist will be happy to help you