

Shopping tips

- If you have lost or gained weight – you may need new shoes to fit properly.
- Don't shop for shoes when your feet hurt.
- Feet tend to swell during the day, so try shoes on mid afternoon when your feet are bigger than in the morning.
- Try on shoes with your usual socks or stockings.
- Take your orthotics with you
- Shoes should fit properly when you buy them. They should not need to be stretched or broken in.
- Buy shoes by fit not size. Shoe size should only be a guide.
- Try on both shoes—many people have slightly different sized feet.
- Walk on different surfaces within the store to make sure they fit properly and don't slip.
- Don't be pressured by sales staff. If the shoes do not feel right, do not buy.
- A long handled shoe horn may help in putting on shoes.

New shoes at home

- To get used to your new shoes – wear on a carpeted surface for about 1 hour and check for area of redness.
- Check feet daily for signs of rubbing such as blisters, wounds or redness.
- Return or exchange shoes if they are not comfortable or do not fit.

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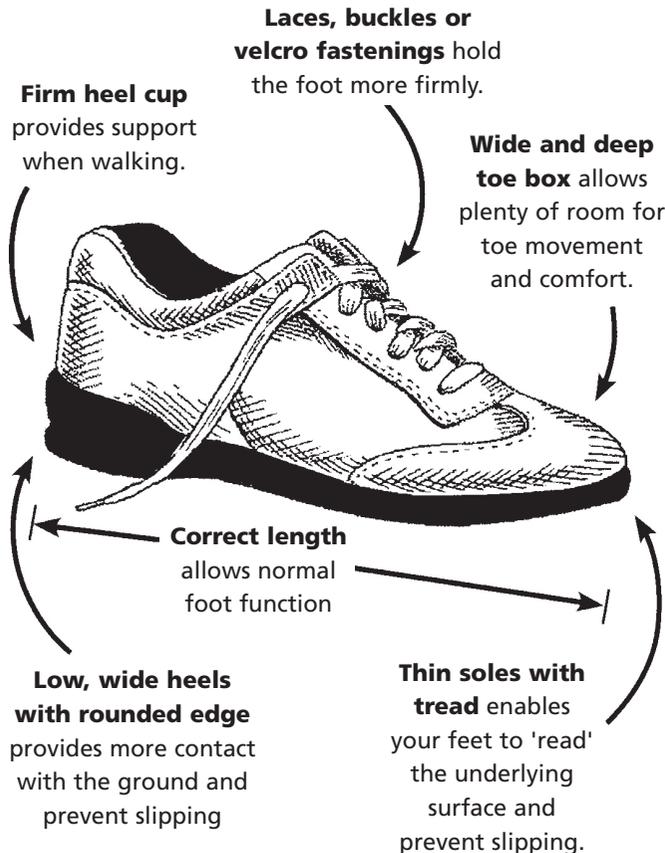
Choose the Right Shoes

Don't go head over heels!



Choosing the right shoes for you...

Shoes should have:



Dress shoes:

should also fit firmly and have a non-slip sole.



Slippers should have:

- A firm fit
- Non slip soles
- A thin, firm sole
- A well supported heel cup



Avoid Wearing:

- Socks or stockings without shoes or slippers
- Scuffs, thongs or slip-on shoes
- Shoes or slippers that are too tight or loose fitting

Look after your feet:

- Ask for advice from a podiatrist or health professional about the best type of shoe for you.
- If you have any foot pain or foot problems, see your doctor or a podiatrist.
- If you are diabetic take special care of your feet and check regularly for any redness.
- Dry your feet well, particularly between the toes.
- Visit your podiatrist regularly to review your feet, cut nails and treat any corns.
- Try to have regular foot massages – a friend or relative may be able to do this for you.
- Do foot exercises to help with blood flow to your feet.
- Ankle strengthening exercises will help with balance to reduce falls risk – ask a physiotherapist.