

Guidance and Advice Leaflet

Choosing Footwear Podiatry & Orthotics Directorate

Purchasing Footwear

There are many styles available on the high street and internet. Knowing what size and style to choose can be difficult. It is important that your choice of footwear compliments the lifestyle or work that you do day to day.

Suitable footwear is also critical if it has to work in combination with other orthoses (e.g. insoles, ankle supports) that you may have been provided with by your Orthotist or Podiatrist.

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.

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

Footwear Checklist

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 of the forefoot.

Depth

Enough depth in the toe box to accommodate your toes.

Fastening

Either lace up or Velcro over the instep to hold the foot firmly in the shoe.

Insole

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

Heel Counter

Should be firm and offer support to the heel.

Heel height

The heel height should be no higher than 30mm (1¼") and avoid narrow heel base

Sole

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

For more information please visit the Healthy Footwear Guide via the internet address below.

www.healthy-footwear-guide.com

If you suffer from specific conditions such as Diabetes or Rheumatoid Arthritis please take more specific advice from your practitioner.

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

This information booklet was produced for Aneurin Bevan Health Board by the Podiatry and Orthotics Directorate.