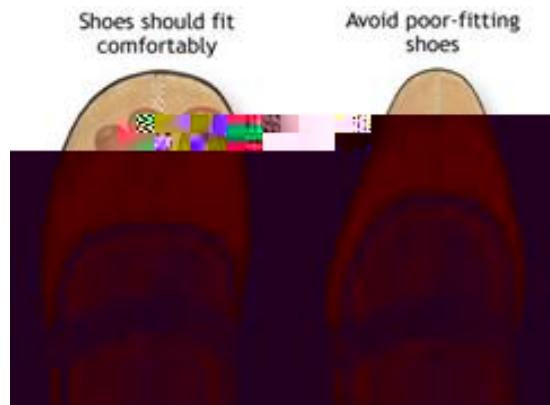


Footwear

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language, please contact the PALS desk on 01392 402093 or at rduh.pals-eastern@nhs.net (for Mid Devon, East Devon and Exeter services) or on 01271 314090 or at rduh.pals-northern@nhs.net (for North Devon services).

Many foot problems are caused by wearing inappropriate shoes or hosiery and can be easily solved by buying well-fitted shoes. Wearing well-fitted shoes is an essential part of your role in keeping feet healthy and preventing ulcers, blisters, ingrown toenails, corns, and callus.



It is a good idea to check your feet every day for signs of irritation when you take your shoes off.

When you buy new shoes:

- Ø ask for your feet to be measured by a trained shoe fitter as the shape and size of feet may change over time
- Ø try to shop for shoes in the afternoon, when feet are at their largest
- Ø stand up in the shoes and walk around the shop – take your time

Length – there should be ½ inch of shoe in front of the longest toe.

Width – the toes should not feel cramped together or cause a bulge at the side of the shoe.

Depth – the toes should not feel cramped together or touch the top of the shoe.

Heel – a low, wide heel is best to form a stable platform.

Fastening – shoes should have a fastening to prevent your foot sliding forward. Look for a shoe with laces, Velcro, or a strap. Also, if your feet swell during the day, they can be adjusted.

Sole – synthetic soles are often better shock absorbers than thin leather soles. Make sure the shoe has enough grip on the bottom to prevent slipping.

Upper – ideally this should be made from a natural fibre or breathable fabric to prevent excessive sweating. Feel inside the shoes with your hands to ensure there are no seams or ridges inside that could cause rubbing.

Insoles – choose a shoe with a removable insole if possible. This allows the podiatrist to supply a bespoke insole if required.

Ill-fitting hosiery can cause restriction of blood flow to your feet

Socks, tights and stockings should be made of natural fibres to allow the skin to breathe

Check that there are no bulky seams and that the elastic at the top does not dig into the leg

Wear hosiery inside out to prevent seams rubbing the toes

You should change your socks, stockings, or tights everyday

Surgical stockings are supposed to be tightly fitted. You must wear these if your doctor or nurse has recommended them.

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