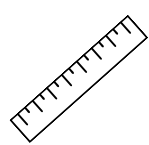


How to Choose Appropriate Footwear

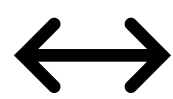
Tips for a good fit



Ensure there is 1 - 2cm space from the longest toe to the front of the shoe



Ensure sufficient forefoot depth to prevent pressure points and to accommodate any toe deformity



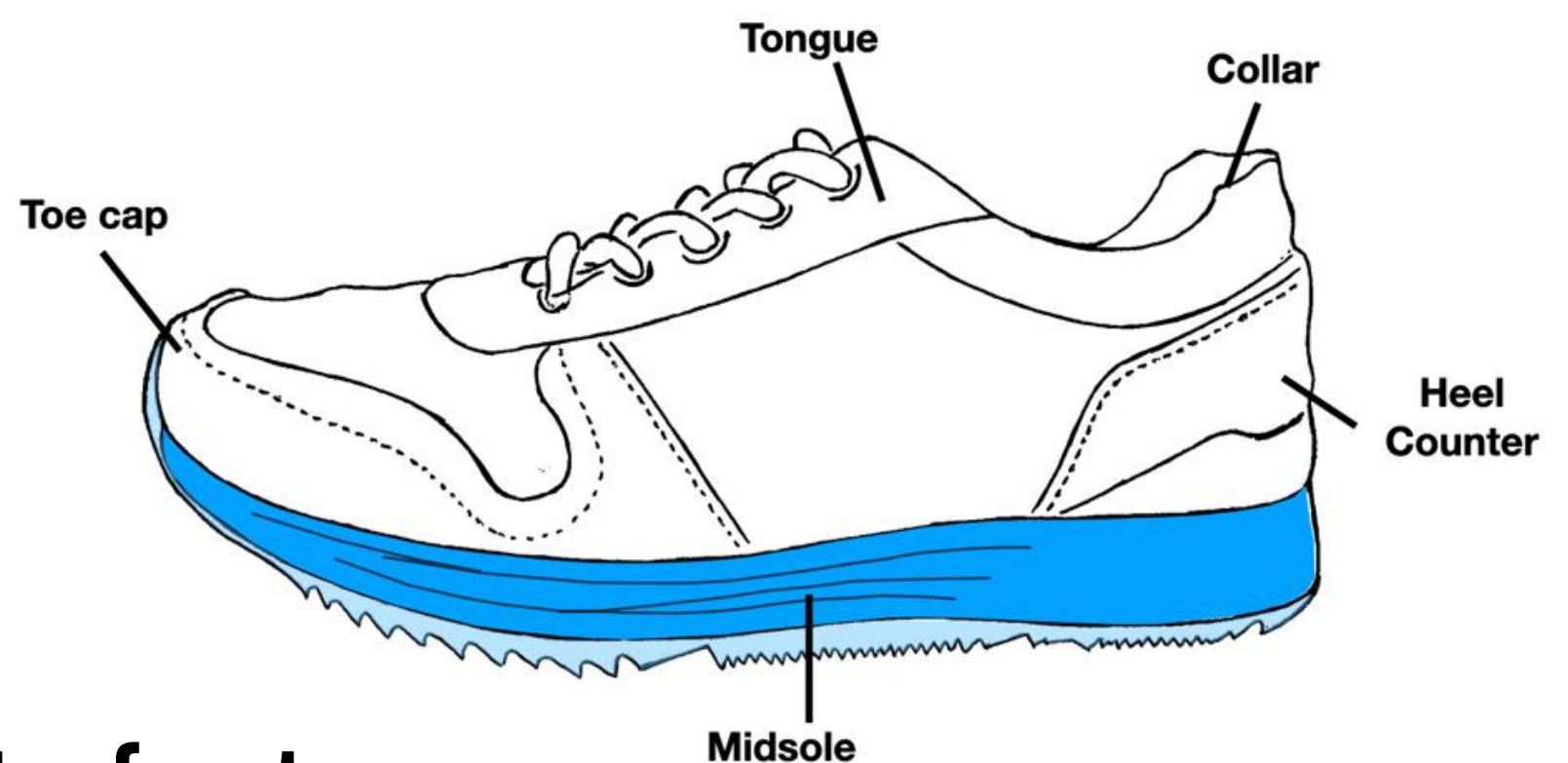
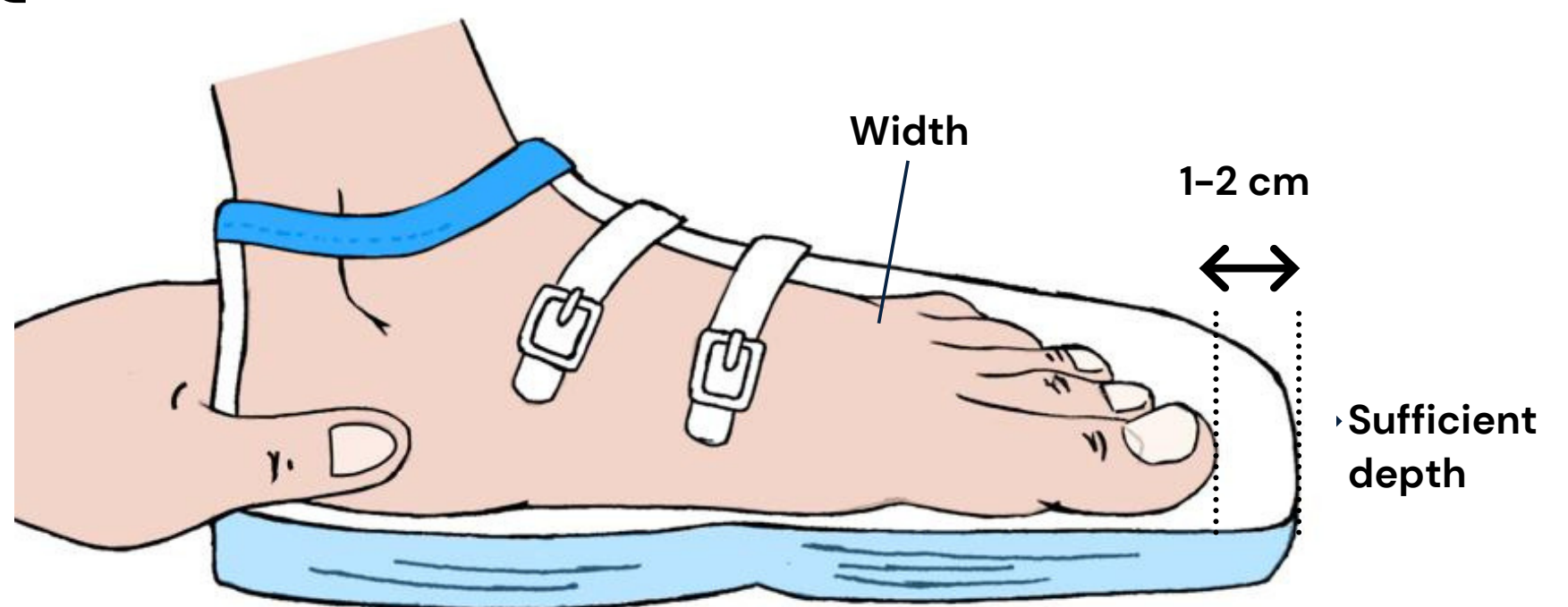
Ensure the correct width at the widest part of the shoe to the foot



Ensure sufficient heel counter depth and firmness for sufficient support



Choose footwear with adjustable straps or laces to fasten the shoe to the foot firmly



Examples of appropriate footwear

Firm and deep heel counter to provide adequate support

Adjustable lace, buckle or strap fastenings hold the foot more firmly

Mary Janes



Running Shoes

Smooth inner lining prevents friction and blisters

Firm midsole for support and control if indicated by your podiatrist

Outsole with non-slip grip prevents slips and falls

