

Your local NHS podiatry service

For more information about NHS Podiatry in Hertfordshire please visit our webpage at:

www.hct.nhs.uk

or contact:

Hertfordshire Podiatry Service

Head Office

Sandridge Gate

Ronsons Way

St Albans

AL4 9XR

Telephone: 01727 732004

If you wish to see a private practitioner, we recommend practitioners who are registered with the Health and Care Professions Council and who describe themselves as a podiatrist or chiropodist. These are protected titles in law and may only be used by persons who are registered with the Health and Care Professions Council.

For more information visit: www.hpc-uk.org

Hertfordshire Community NHS Trust

Unit 1a Howard Court

14 Tewin Road

Welwyn Garden City

Hertfordshire

AL7 1BW

Telephone: 01707 388000

Fax: 01707 321840

Email: enquiries.hchs@nhs.net

Web: hct.nhs.uk

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Choosing your footwear

What you should look for



We walk many hundreds of miles each year and the shoes you choose can make a big difference to how our feet feel.

Wearing the wrong shoes can lead to common foot problems such as corns, hard skin and blisters. The type of pressure which causes these problems are often small but the difficulty comes due to the repetitive nature of walking.

What should you look for in a shoe?

- **Wide enough** for your feet.
- **Deep enough** for your feet - you should have room to wiggle your toes.
- Try to make sure the **height of the heel** is no more than 4 cms (1½ inches).
- **Foot-shaped at the front** - narrow or pointed shoes will squash your toes.
- **Has a fastening** - laces, buckles or Velcro will hold your foot in place in the shoe. Slip-on shoes can allow your feet to slip to the front of the shoe leading to repeated pressure on toes and toenails. Avoid slip-on styles of shoes and slippers as they give less support.
- Feel inside the shoe to make sure there are no rough areas that can cause problems.

Keep fancy shoes for fancy occasions

Think about what you're buying the shoes for, resolve to have at least one pair of well-fitting shoes for when you're on your feet.

When you're on your feet during the day your feet need shoes that are comfortable and will give them support.



Some tips on buying shoes

- Even as adults your feet can continue to change so don't always assume your feet will need the same size shoe. Shoe sizes vary from shop to shop so use a size only as a rough starting point.
- It's a good idea to buy shoes in the afternoon, particularly if your feet swell as the day goes on. Shoes that fit well in the morning may feel tight by the evening.
- Try on BOTH shoes and walk up and down to test them for comfort
- If shoes are not comfortable in the shop, they're unlikely to be comfortable at home. If you have to wear a shoe in, you shouldn't be wearing it at all!

Remember a good shoe doesn't have to be an expensive shoe but depends on the style and how it fits your foot.

It might be time to take a good look at what you're wearing on your feet!