

Your local NHS Podiatry Service

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

www.hct.nhs.uk

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.hpcp-uk.org

Hertfordshire Community NHS Trust
Head Office
Unit 1a, Howard Court
14 Tewin Road
Welwyn Garden City
AL7 1BW
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01707 388038



Hertfordshire Community
NHS Trust

Choosing your Footwear

What you should look for

PODIATRY SERVICES IN HERTFORDSHIRE
Advice on foot care and health



Innovative 

Agile 

Caring 

We walk many hundreds of miles each year and the shoes you choose can make a big difference to how your 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 are buying the shoes for, resolve to have at least one pair of well-fitting shoes for when you are on your feet for longer periods.

When you are on your feet during the day you need shoes that are comfortable and will give you 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 is 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!



Examples of appropriate footwear