

## CITY HOSPITALS SUNDERLAND PODIATRY DEPARTMENT

## **CHOOSING SHOES - POINTS TO REMEMBER**

- Try new shoes in the afternoon, as feet tend to swell a little during the day
- Wear the socks or stockings you will be wearing with the shoes
- Shoes should feel comfortable straight away. They shouldn't need 'breaking in'
- Foot size and shape change over time, so use shoes size as a guide only. Don't forget it's not just the length of your shoes which need to feel right, it's the width too

## WHAT TO LOOK FOR / QUALITIES OF A GOOD SHOE

**Heel:** should have a broad base, and no more than 4cm (1.5") high

**Sole:** should provide cushioning and protection for comfortable

walking, and enough grip to prevent slipping

**Upper:** ideally made from natural or breathable materials, with a deep,

rounded toe area to prevent rubbing and allow toes to wiggle

**Linings:** smooth and seam free

Fastenings: look for adjustable fastenings to hold the foot securely within the

shoe e.g. laces or straps with buckles or Velcro. Avoid slip-on shoes, as these are kept in place either because they are too

small for the feet or by curling the toes