

TIPS FOR CHOOSING FOOTWEAR



WEARING SUPPORTIVE FOOTWEAR

- Increases stability
- Reduces risk of falling
- Protects feet from injury

RECOMMENDATIONS

- Wear shoes inside & outside house
- Going barefoot or in socks alone increases your fall risk more than 14 times!
- Avoid open-back shoes like flip flops or clogs which can slip off your foot
- Sandals should have heel support with straps around the ankle and across the toes for stability

CHOOSING APPROPRIATE SHOES

- Accommodate length & width of feet
- Allow room for orthotic if needed
- Comfortable
- Appropriate for daily activities
- Skechers have many size options and work well with orthotics
- Narrow feet or high arches → Nike, Asics
Gender matters for narrow shoes - choose styles for men or women accordingly
- Wide feet or flat arches → New Balance, Brooks, Saucony, Hoka, Adidas
Mesh across toe box allows expansion

KEY FEATURES

UPPER - supports foot

LACES OR VELCRO - adjust to hold foot securely in place

TONGUE - padding protects top of foot from laces or Velcro

INSOLE - should fit shape of foot, may have extra cushion

HEEL COLLAR - padding for comfort and proper fit

HEEL COUNTER - should be firm to hold heel in place

MIDSOLE - firm for support, air pocket or gel for cushioning, or hard plastic for more stability

OUTSOLE - rubber provides a good grip on the bottom

