

Patient information: Footwear advice

It is very important that you comply with the podiatrist's advice on the most appropriate footwear.

Inappropriate footwear will be unable to accommodate orthoses thus reducing their effectiveness.

Your podiatrist may therefore ask you to change your style of footwear before issuing orthoses

Key points for appropriate footwear:

- Shoes should be securely held on the foot with an adjustable fastening such as laces or Velcro or buckle straps. Slip-on style shoes are inappropriate.
- The shoe should fit correctly. There should be 1cm (0.5 inches) between the end of your longest toe and the end of your shoe. There should be sufficient width to accommodate the widest part of the foot.
- The toe box should be toe-shaped and deep, allowing the toes to move freely.
- The heel counter should be firm enough to support the heel.
- The upper should be soft with no hard ridges and ideally made of natural fibre such as leather, which allows moisture to evaporate.
- Ideally, the shoe's foot bed should be removable to make more room for the prescribed orthoses.
- A shoe may be expensive but this does not make it a good shoe if it does not fit your foot.

A good shoe is a shoe that fits.

Contact Podiatry biomechanics for further advice:

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