

# Footwear advice

## Falls Team

### Patient Information Leaflet

#### Introduction

If you are at risk of falls, poorly fitting footwear will increase this risk. It is therefore essential that your footwear is well fitting and supportive.

The aim of this leaflet is to provide information on what you should be looking for when purchasing footwear.

#### Examples of good footwear

Some examples of good footwear are shown in figure 1:



Figure 1 shows examples of good footwear (photos courtesy of Padders)

#### Top tip

It is a good idea to wear either shoes or house shoes when inside as these give more support than traditional slippers.

## What are the features of a good shoe?

### Heel counter

This is the reinforcement around the heel of a shoe, it helps to stabilise the foot. The heel counter should be firm.

**If you can push the heel counter down with very little effort, this is not suitable.**

### Insoles

Some footwear will come with removable insoles. These allow for extra depth in the shoe and can be adapted if your foot swells.

### Fastenings

If you are able to reach your feet, the shoes should have a fastening. Laces, touch and close (like Velcro®) or buckles all help to hold the shoe securely on your foot.

If you are unable to reach your feet to fasten shoes, slip on shoes should come as high up the foot as possible, to contain the majority of your foot.

### Heel height

The heel of the shoe should be as broad as the shoe itself and under four centimetres (one and a half inches) high.

### Pitch

The heel should be one and a half to two centimetres (three quarters of an inch) thicker than the sole under the ball of the foot. This allows the foot and ankle to function with less strain.

### Sole

The sole should provide cushioning and have enough grip to prevent slipping.

**If the shoe can be easily bent in half, this is not a sufficient sole.**

### Toe box

The toe box should be wide enough not to squash the toes, and deep enough to allow your toes to wriggle in the shoe.



## Where can I buy 'good' footwear?

Here is a list of manufacturers of footwear who tend to offer styles that meet the criteria of a good shoe.

Please note this is not a complete list, and an expensive shoe is not necessarily a good shoe. You can buy your footwear from anywhere as long as you try to follow the advice in this leaflet. Here are some suppliers who have suitable footwear:

**Clarks:** [www.clarks.co.uk](http://www.clarks.co.uk)

**Cosy Feet:** [www.cosyfeet.com](http://www.cosyfeet.com)

**DB Shoes/Easy B:** [www.dbshoes.co.uk](http://www.dbshoes.co.uk)

**Ecco:** [www.global.ecco.com](http://www.global.ecco.com)

**Hotter:** [www.hotter.com/gb/en](http://www.hotter.com/gb/en)

**Hush Puppies:** [www.hushpuppies.com/UK/en\\_GB/home](http://www.hushpuppies.com/UK/en_GB/home)

**Josef Seibel:** [www.josefseibel.co.uk](http://www.josefseibel.co.uk)

**Padders:** [www.padders.co.uk](http://www.padders.co.uk)

**Rieker:** [www.rieker.co.uk](http://www.rieker.co.uk)

**Sandpiper shoes:** [www.sandpipershoes.com](http://www.sandpipershoes.com)

This list was correct at the time the leaflet was produced, but the details may change.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

**01384 244107** (8.30am to 4.30pm, Monday to Thursday, 8.30am to 4pm Fridays)

Russells Hall Hospital switchboard number:  
01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/orthotics/>

If you have any feedback on this patient information leaflet, please email  
[patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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