

FOOTWEAR EDUCATION

What is appropriate footwear?

An appropriate shoe is supportive and comfortable. Wearing shoes that are an appropriate style and fit may reduce your risk of falling and reduce your risk of injuring your feet. Below are important factors that should be included in all your shoes.

Fixation - Laces/buckles/Velcro strap

Your shoes should be able to be undone and done up, with laces, buckles or Velcro straps. This stops your toes from clawing and stops the muscles in your feet overworking to hold the shoe on. Slip on shoes are dangerous and can cause a fall.

Heel counter and heel height

The back of the shoe should be firm to hold your ankle well. The heel of the shoe should be less than 2.5cm. High heels increase the pressure on the ball of the foot and can increase your risk of falling.

Bending point

The shoe should only bend at the toes, not through the arch. You should not be able to fold your shoe in a ball. A firm arch provides good support.

Fit

Shoes should be fitted while standing and there should be a thumbs width from the end of the longest toe to the end of the toe box. Always take any orthosis/brace with you when you buy new shoes and where possible remove the inside liner to allow room for the orthosis/brace.

Toe box

The toe box of a shoe provides space and protection for the toes. It should be deep and wide enough to ensure space for your toes. Pointy shoes or shoes that are not deep or wide enough can cause damage to your skin such as blisters or ulcers.



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What footwear should I wear with my orthosis/brace?

All orthoses require a good shoe to function properly. You may need a bigger shoe to accommodate the orthosis. If your feet do not fit into normal shoes, custom shoes can be made. Footwear modification like flare or rocker soles may be necessary to aid the function of the orthosis/brace.

What do I wear around the house or when I'm in hospital?

Walking barefoot or in your socks can increase your risk of having a fall or trauma to your feet. 'Red socks' or socks with grips on the bottom do not reduce your risk of falling. Your house shoes should have all the features of an appropriate shoe. If you choose to wear a slipper at home, choose one with an enclosed, firmer heel and good fixation.

Local retailers that may have suitable shoes for you:

Walk On Footwear
247 Queens Pde, Fitzroy North
9482 2300

Molloy's Shoe Store
405 Bell Street, Pascoe Vale South
9354 6954

The Athletes Foot
Various locations
www.athletesfoot.com.au

Gilmours
182 Burgendy Street, Heidelberg
547 Whitehouse Road, Mitcham
1187 Glen Huntly Road, Glen Huntly
www.gilmours.com.au

Grosby Slippers
David Jones, Myer, Harris Scarf, Big W

Gadean and DB Slippers
www.gadeanfootwear.com.au

Extra Depth Footwear
1e Hamilton Street, Mont Albert
5/134 Pascoe Vale Road, Moonee Ponds
www.comfortandfit.com.au

Bilby Shoes
2 Northgate Drive, Thomastown
9465 0880
www.bilbysshoes.com.au

Foot Solutions
299 High St, Ashburton
9811 5899

New Balance Factory Outlet
XX-Wide (6E fit 857v2)
428 Smith St, Collingwood
9415 8006
47 Wangara Rd, Cheltenham
9583 1255
www.newbalance.com.au

Watt's Corner Shore
264 Lygon St, Carlton
9663 2805
www.wattsshoestore.com.au