
Are Your Shoes Right For You?

- Your shoes are the same shape as your foot?
- The soles of your shoes are well padded?
- Your shoes are flexible at the base of your toes?
- Your shoes protect your foot by covering all of the foot?
- Your shoes are not a sandal?
- The top of your shoes are made of leather or cloth that lets your feet breath?
- The heel of your shoes are firm and does not shift to the left or right when you are standing or walking?
- The heel of your shoes are less than 1 inch in height?
- Your shoes are secured to your foot with laces or Velcro?
- Your shoes are deep enough to prevent your toes from bulging on the top of your shoes?
- Your shoes are wide enough to prevent your shoes from being stretched by your foot?
- There is at least a half an inch from the tip of your longest toe to the end of the shoes?



If you answered **NO** to any of these questions, your shoes may cause injury to your feet that could lead to an ulcer or amputation.

You should see a professional foot fitter to assist you in choosing the right size and style of shoe to prevent injury to your feet

- Shoes should be comfortable at the time of purchase. Do not depend on shoes to stretch out.
- Shoes should be made of leather. Running shoes may be worn but check with your physician.
- Do not wear sandals/thongs that have a strip between the toes.
- Notify your physician or podiatrist at once if any redness, blisters or wounds develop on your feet. Be sure to tell your podiatrist that you have diabetes.
- Inspect the inside of shoes daily for foreign objects, nail points, torn linings and rough areas. Never wear shoes without socks. Wear properly fitting socks made of cotton or wool. Do not wear mended socks. Avoid socks with seams.



This booklet is not intended as a substitute for professional medical care.

Choosing the Right Shoe



Center for Wound Healing and Hyperbaric Medicine

240 Williamson Street, Suite 104
Elizabeth, NJ 07207

(908) 994-5480
Fax: (908) 994-5495





Getting Fitted for Shoes:

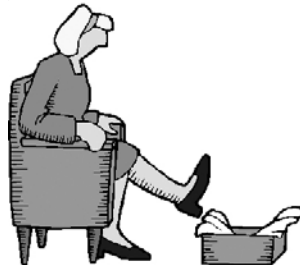
Do's

- Have your feet checked for the right sized shoe.
- Follow the advice of your health care provider about proper shoes.
- Let a professional fit you for your shoes if you have a bunion, hammer toes, or other change in the shape of your foot.
- Have **BOTH** feet measured. 90% of all people have two different sized feet.
- Stand up when your feet are measured. This allows the foot to be measured at its maximum length and width.
- Always try on both shoes and walk in them.
- Replace worn out shoes. Shoes eventually stretch out of shape and can cause injury to your feet.

Don'ts

- Don't buy shoes without getting your feet sized.
- Don't think that your new shoes will stretch. Using your foot to stretch a shoe will damage your foot.

- Don't buy fashion at the expense of your feet.
- Don't modify your shoe to fit a bunion, corn, callus, hammer toes or other change in the shape of your foot - let a professional fit your shoes.
- Do not let your foot fitter fit you for more than one pair of custom inserts at any given time. Be fitted every 4 months as your foot may change in shape or size.



What is a good shoe?

- A good shoe offers protection from injury including stubbing your toes, creating blisters, and stepping on sharp objects.
- A good shoe is comfortable. A good shoe does not cause pain to the foot or make the foot feel like it is bunched up or pinched.
- A good shoe is durable. It should not wear out easily.
- A good shoe bends where the foot bends.
- A good shoe is rigid where the foot is rigid.
- A good shoe provides cushioning from the impact of walking.
- A good shoe provides traction and should help to prevent slips and falls.

- A good shoe provides balance to keep you stable on your feet.
- A shoe that causes blisters, corns, calluses, cramped toes, or foot pain is **NOT** a good shoe.

People with diabetes, arthritis, and/or deformities of the foot or toes may require prescription footwear

- Does Medicare cover prescription footwear?

Yes. Medicare will reimburse a certain amount of money for one pair of prescription shoes each year. In addition, Medicare will reimburse an amount for up to three (3) pairs of custom inserts per year. For details, ask your custom footwear provider.

Foot Facts:

- The foot is made up of 26 bones - this means that one fourth of all the bones in the human body are found in the foot.
- There are 38 joints capable of movement in the human foot.
- The average person applies close to 200 pounds of weight on the foot with each step.
- The average person walks close to 115,000 miles in their lifetime.

