

## Footwear Matters

Here at Therapy Professionals we know the value of comfortable feet. Good footwear is important throughout life, however, as we age it becomes even more important.

Poor footwear can cause foot, back and knee pain, and discomfort from corns, calluses and fungal infections. High heels and sloppy fitting shoes can affect our balance and walking, making us prone to falls. Any of these make us less inclined to walk affecting our health, wellbeing and independence.

As we age our feet change shape and become larger so it's important to get your feet re-sized when you are buying new shoes. Here are some tips on buying shoes:

### The essential components of good shoes are they:

- fit well,
- help the wearer stand and move comfortably and safely,
- maximise stability,
- protect the feet and keep them warm without overheating them.
- are easy to put on and take off, fasten and unfasten,
- suit the person's lifestyle.

### The shoe

- fastenings must be adequate and hold the foot well back in the shoe.
- laces need to be long enough to accommodate different shaped feet.
- fastening for disabled people may be better with Velcro fastenings.
- vamp openings should provide easy access for feet.
- soles should be non-slip except for Parkinson's patients who find leather permits slippage facilitating movement.
- uppers should be a soft and washable fabric for those who are incontinent as it's more hygienic than leather and suede.
- Insoles should be well padded to add cushioning which reduces the strain on arthritic joints especially knees.
- should be lightweight and supportive.

If you need advice about the best type of footwear for you, our friendly Physiotherapists can help.

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