

Additional Tips

- ❑ If your feet are of different sizes, always buy shoes to fit the larger foot.
- ❑ Buy your shoes at the end of the day to factor in any feet swelling which may have occurred during the day.
- ❑ A shoe does not require any expansion. They should fit comfortably when you buy them.
- ❑ Try new shoes indoors for 30 mins to 1 hour first and observe for any signs of redness/ rubbing/ blistering which may indicate an inappropriate fit. Do not wear the shoes if you observe these signs.
- ❑ Your shoes should be replaced if you notice that:
 - The soles of your shoes are wearing down significantly, e.g. grooves are getting bald / smooth.
 - The shoes are significantly less supportive or cushioning than when you first bought them.
 - There are any holes in the shoes.

Foot Care & Limb Design Centre

Block 101 Jalan Tan Tock Seng
(Between National Skin Centre and
Tan Tock Seng Hospital)

Contact:

6357 7000 (Central Hotline)



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Choosing the Appropriate Footwear

- Wearing appropriate footwear that fits well is important to provide adequate protection for your feet and prevent potential foot problems.
- The type of footwear worn should be appropriate for the occasion or activity.
- A good pair of footwear supports and better redistributes your weight more evenly across both feet.



Ideal Footwear Criteria

1. Supportive & Cushioning

Firm Heel Counter

- Supports your heel and locks your foot into the shoe, preventing excessive motion.

A firm heel counter should not collapse when pressed inwards



A poor heel counter collapses when pressed



Firm Midsole

- Aids in distributing pressure more evenly across your foot.
- Have a thick rubber base sole for cushioning purposes.

Good support: Does not twist or bend in the middle



Poor support: Twists or bends in the middle

2. Appropriate Fitting

Length

- At least one thumb width's space between the longest toe and the tip of the shoe.



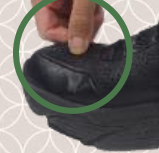
Width

- The width of the shoe should be as wide as the widest part of your foot.



Volume

- You should be able to pinch around 1cm of material from the top front of your shoe.



3. Appropriate Form of Ankle Fixation

- Fixations (e.g. laces, adjustable Velcro straps or buckles) should be close to your ankle.
- This prevents your foot from moving forward within the shoe. Ensure that your laces / straps are fastened securely.



Shoelace



Quick laces/ Bungee laces



Velcro straps

- Untie and re-tie your shoelaces each time when wearing your shoes.
- This will prevent the heel counter from wearing down and ensures that your fixations are securely fastened.

