

A Guide for Patients and Families

# Footwear



## Introduction

Footwear which does not fit properly is one of the most common causes of foot problems in people with diabetes.

The information provided will give you advice about wearing the most appropriate shoes, taking account of the shape of your feet and diabetes.

## Daily Inspection

Using hands to feel the inside of the shoes/socks for sharp objects, stones, debris before wearing.



**Turn the footwear upside down and give it a shake prior to wear**



Always wear socks  
with shoes  
for protection



Wear socks with  
non-constrictive  
gutters if  
circulation is poor

**Consider wearing light coloured  
socks so that any new injuries or  
bleeding from existing wounds  
can be identified early**

## Choosing and wearing appropriate footwear:



**A**

**Firm heel counter**

**B**

**Inner cushioning material**

**C**

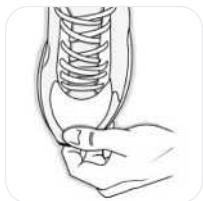
**Firm, supportive and cushioning outer sole**

**D**

**Form of fixation**

*Examples: Laces, adjustable Velcro straps or buckles*

Ensure that shoe fit properly (length, width and depth) - choosing the right shoe size.



One thumb width space between the longest toe and the tip of the shoe



Choose shoes with wide and deep toe box to ensure toes are not cramped



If you have no significant foot deformity, **sports shoes or sports sandals** with adjustable straps are appropriate footwear choices.

**Use indoor footwear at all times** to protect feet and prevent slips and falls. Feel free to bring your shoes during your foot screening for us to take a look.

## Tips for wearing new shoes without hurting your feet

- ◆ When using new pair of shoes, try them indoors, with socks at least 30 minutes every few days for at least three months
- ◆ Look out for any areas of redness/rubbing/blistering on your skin which indicates an inappropriate fit of the shoe
- ◆ Stop using shoes if so

Your podiatrist or nurse can recommend you where to get suitable footwear based on your foot shape

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