

See your doctor or podiatrist if you have foot problems or foot pain.

Always dry your feet properly, especially the area between your toes.

If you are **diabetic**, you will need to take special care. Check daily for any injuries at the base of the feet.



Well fitted and supportive shoes can help prevent falls.

A **Good Shoe** should have...

5. Firm heel counter to provide support when walking.

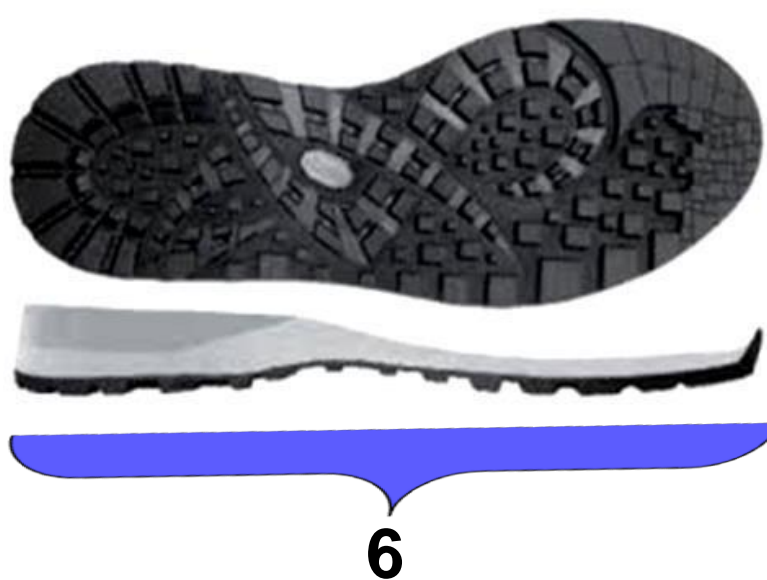
1. Laces, Velcro or buckle fastenings to hold the foot more firmly.

4. Low wide heels with rounded edge to provide more contact with the ground and prevent slipping.



2. Wide, deep toe box to allow plenty of room for movement and comfort of your toes.

6. Correct length to allow normal foot function and also to prevent corns and calluses.



3. Thin soles with tread (non-skid) to enable your feet to 'read' the underlying surface and prevent slipping.

