

Proper Footwear Can Help Prevent Falls

Wearing well-fitting, supportive footwear can provide stability and help you prevent a fall.

Good footwear should be worn for walking, exercising and even in your home. Slippers and socks are not recommended as they can actually cause a fall.

Footwear helps in many ways. It cushions and supports your feet while protecting them from rough surfaces, high or low temperatures, and moisture. Shoes provide good grip on different types of surfaces and provide a stable base for your feet, legs and body. If you want your shoes to do all that you need them to, it is important to **choose them wisely.**

Choose the **BEST SHOE** for you

When shopping for footwear, look for shoes that ...

- Are designed for your needs. For example, some shoes provide more support while others provide additional cushioning. A trained salesperson should be able to recommend the right shoe for you by watching how you walk.
- Are appropriate for your daily activities.
- Accommodate your feet and are comfortable right away.
- Have a flat or low, wide heel.

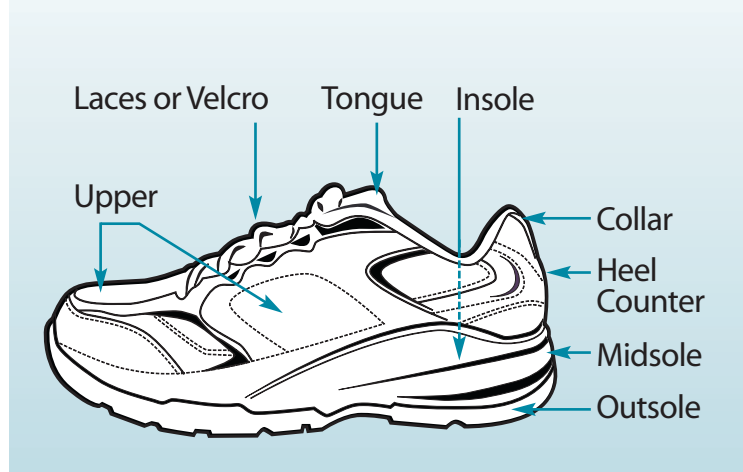
A well-fitting shoe...

- Is the right length – When standing, there should be at least one thumb width between the end of the shoe and the end of your longest toe.
- Is the right width – The shoe should fit snugly so your foot doesn't move from side to side but should be wide enough so you can wiggle your toes. Your heel should not slip up and down in the back of the shoe. While there are some well-fitting slip-on shoes available, many people prefer laces or Velcro because they can be adjusted to secure their feet in place.
- Has enough room for an orthotic or insole if required.

Tips for shopping for shoes

- The best time to try on new shoes is mid-afternoon because feet tend to swell throughout the day.
- Try shoes on in the socks you plan to wear for the activity.
- Bring your orthotics or insoles when shopping.
- Try on both shoes for a proper fit.
- Buy your shoes based on fit, not by what you think your size is.
- Wear the shoes at home with socks for a couple of days to make sure they fit well and are comfortable. Before buying, ask about the store's return policy. Many stores will let you return shoes as long as they aren't soiled or worn outside.

Features of a supportive shoe



Upper provides support for the foot

Midsole may have air or gel pockets for extra cushioning or hard plastic for better stability

Outsole should be made of rubber with good grip on the bottom

Heel Counter should be firm to hold the heel in place

Collar should be padded for proper fit and comfort

Insole should fit the shape of the foot; it may have added cushioning

Tongue should be well padded to protect the top of the foot from the laces

Laces or Velcro should be adjustable to hold the foot securely in place

For more information on how you can prevent a fall, visit

www.preventfalls.ca