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If you have a complaint, concern, comment or compliment, please let us know by speaking to a member of staff. We learn from your feedback and use the information you provide to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 8.30am to 4.30pm or email Ich.pet@nhs.net

Contact us

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We can make this information available in Braille, large print, audio or other languages on request.

www.leedscommunityhealthcare.nhs.uk



**Leeds Community
Healthcare**
NHS Trust

Making good footwear choices



Footwear advice

Consider having your feet measured. They could have become wider over the years or changed shape. You will get the best measurements standing up because your feet splay out. If you can, have this done during the week when the shops are less busy so you get the shop assistant's full attention. There should be at least 1cm (1 ½ inch) of room in the shoe beyond the longest toe.

Try shoes on with the type of socks, stockings, insoles you normally wear because some insoles may need shoes with more depth.

The right shoes for you will be comfortable when you first try them on. Buying shoes to 'break in' later is not a good idea.

Shop for shoes later in the afternoon, if your feet tend to swell, this will be when they are at their largest.

When buying slippers, look for ones that have a cushioned sole, and ideally a fastening to hold them securely on the foot. Avoid mules - they don't give the foot the support it needs and can lead to falls. You could wear comfortable, well-fitting shoes indoors instead of slippers

Socks and hosiery

Good socks will not only help keep your feet comfortable inside shoes, but will also keep them dry by drawing moisture away from the feet.

If you have problems with circulation or swelling, try to avoid socks with tight elastic tops. You can easily find wider, soft-top socks in shops.

Regularly check your socks and throw worn out or misshapen ones away. Always check toe seams for an uncomfortable, knobbly 'casting off' knot – particularly in children's socks. There are now socks manufactured from one piece of material without a toe seam. Avoid hosiery which is too tight across your toe area.

What to look for in a good shoe.

Heel: Flatter shoes are best, particularly if you are on your feet a lot. Heels should no higher than 1 ½" and have a wide base.

Depth: There should be enough width and depth in your shoes to allow room for your toes and prevent pressure areas.

Length: Make sure your shoes fit to your the largest foot (most of us have one foot that is bigger than the other!)

Sole: Look for a thick flexible outer sole as this provides a cushion between you and the ground and acts as a shock absorber.

Insole: Some shoes have an insole that can be removed. This will allow for a specially made corrective or cushioning insole if you need one.

Material: A shoe with a soft leather upper will allow your feet to 'breathe'. Try to avoid shoes with stitching over prominent bones. Check that the leather has been stiffened around the heel for support.

Fastenings: Shoes and sandals with adjustable straps, laces or Velcro fastenings will help hold your foot in a good position. Loose shoes can cause slip and falls.

New shoes: If you have a tendency to have problems with new shoes, you may find it helpful to wear them for short periods at first.

Trainers: Trainers are a good choice if the upper is made of leather.

Further information: www.scpod.org