

Finding the Proper Shoe Fit



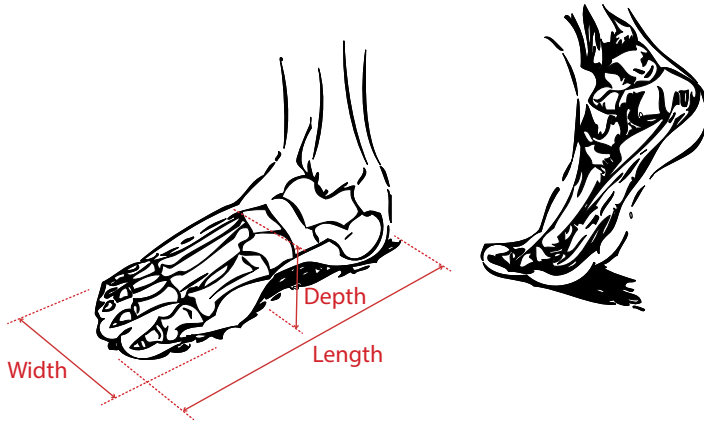
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Shoes are very important for everyone but they're especially critical for people with diabetes, to help them protect their feet and prevent injury, especially if they are experiencing loss of sensation (neuropathy).

The right shoe and fit can help prevent the development of corns, calluses, blisters or wounds that can become infected and put the foot at risk of amputation.

FOOT FACTS



Your foot has three dimensions to consider when you are purchasing shoes:

Length **Width** **Depth**

Remember: People have *foot sizes*, not shoe sizes.
Have your foot measured every time you buy shoes!

Tips to remember about shoe fitting:

1. Shop for shoes at the end of the day, when your feet are swollen.
2. Have your shoes professionally fitted if you have loss of sensation (neuropathy).
3. The sales person should measure your feet while you are sitting and also when you are standing.
4. Check the length, width and depth of your feet while standing.
5. The ball of the foot should rest in the widest part of the shoe.
6. When the shoe is on your foot and secured, it should feel snug (like a new pair of gloves), but not tight.
7. Ensure that there is plenty of wiggle room for your toes.
8. Select a shoe that is appropriately shaped for your foot. Some shoes are curved, while other are straighter.
9. Replace your shoes and insoles regularly.
10. "Test drive" your shoes indoors for a trial period and consult with your foot specialist about the fit. Further modifications to your footwear may be required.
11. Only buy shoes from a reputable store that offers a warranty regarding fit and quality.
12. The best shoe is the one that fits your foot!

FINDING THE PROPER SHOE FIT



Features of a supportive shoe:

- Fits well
- Is made of breathable material (for example, leather)
- Has a firm heel
- Has Velcro fasteners or shoelaces
- Has good shock absorption
- Cannot be bent or twisted
- Has no seams in the toe box

For more information, please visit the *Diabetes, Healthy Feet and You* website:

www.woundscanada.ca/about-dhfy



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