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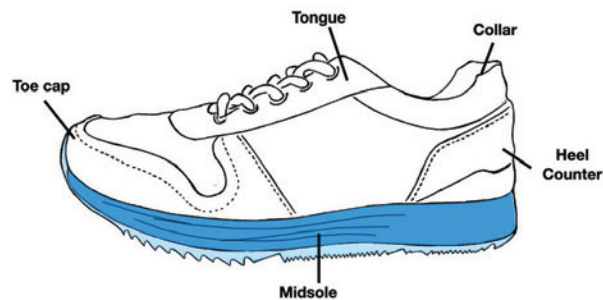
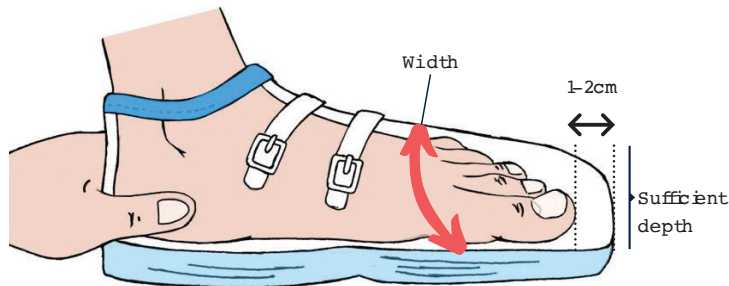
How To Choose Appropriate Footwear



General

Tips For A Good Fit

Ensure there is 1 - 2cm space from the longest toe to the front of the shoe.	
Ensure sufficient forefoot depth to prevent pressure points and to accommodate any toe deformity.	
Ensure the correct width at the widest part of the shoe to the foot.	
Ensure sufficient heel counter depth and firmness for sufficient support.	
Choose footwear with adjustable straps or laces to fasten the shoe to the foot firmly.	



Examples Of Proper Footwear



Where to purchase?

- Senior Care Centre: (www.seniorcare.com.sg) Tel: 6219 5490
- Queensway Shopping Centre / Velocity (Novena Square)
- Decathlon
- Bata (www.bata.com.sg) (IMM, West Mall, Tiong Bahru Plaza, Jurong Point, Vivocity)
- Royal Sporting House (www.royalsportinghouse.com) (Suntec City, JEM, Velocity)
- New Balance (www.newbalance.com.sg) (IMM, West Coast Plaza, Velocity, Vivocity, Suntec City)