

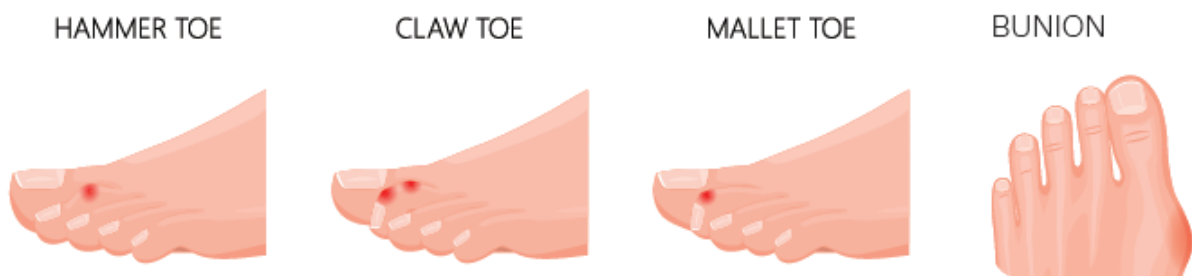
Choosing appropriate pair of footwear

Why is it important to select an appropriate pair of footwear?

- Your feet are the foundation of your body, and as such, they need proper support to function properly. Wearing improper footwear can lead to a host of foot problems.
- These can be painful, limit your mobility and negatively affect your quality of life.
- Proper footwear is crucial for preventing foot problems and maintaining good foot health.

Choosing the right footwear is dependent on many factors:

- Foot type and foot shape
 - Hammer toe, claw toe, mallet toe, bunion
- Activity
- Medical history
- Age and gender
- Existing foot condition



Shoe Buying Tips

- Have your feet measured while standing.
- Purchase shoes in the late afternoon as your feet will expand to ensure a better fit.
- Avoid buying shoes that require a break-in period.
- Try shoes with socks or hosiery if you intend to wear them in.
- Take along your insoles (if any) for shoe fitting.
- Purchase the appropriate shoes for your activity type (e.g. running shoes for running).
- Ensure that there is a 1cm gap between the end of the shoe to the tip of the longest toe to avoid damage to the nails and toe muscles.

Shoe characteristics to consider

- **Firm heel counter:** Help provide stability to your heel when walking and prevent heel slippage.
- **Presence of a shank:** A shoe shank is a thin piece of material, typically made of steel or nylon, that is inserted between the insoles and outsoles of a shoe. It runs from the heel to the ball of the foot and provides support and stability to the shoe's structure.
 - It helps to prevent the shoe from twisting or bending excessively, which can cause discomfort or injury to the wearer's foot.
 - While we may not be able to see it, we can test it by twisting the shoes.
 - A shoe that easily twists means that there is likely no shank or the shank is too thin hence it is more flexible .
 - Look for a shoe that does not twist so easily as we need some stability and support in our shoes.
- **Shoelaces or straps:** Allows for adjustments and reduce strain on foot muscles.
- **Toebox:** A wide toebox accommodates toe deformity and reduces pressure on lesions.
- **Shoe upper:** Should be made of breathable material to avoid odour and fungal infections.
- **Outsole:** Well-padded to help absorb shock and reduce pressure on the feet. Provides proper traction to prevent falls.



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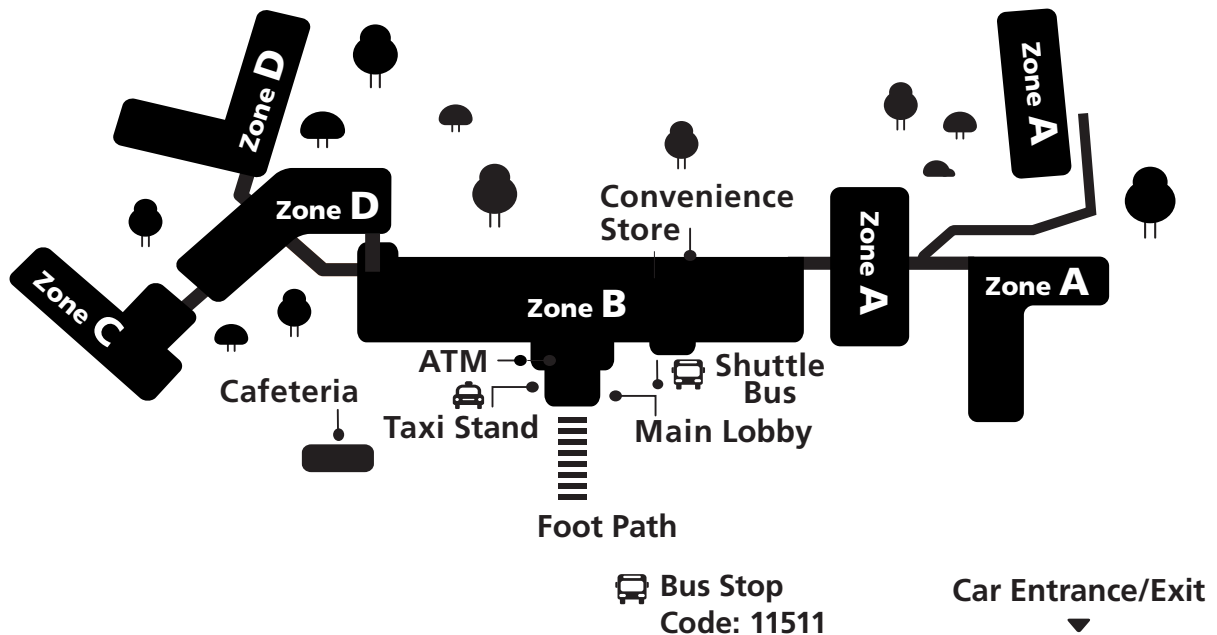
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