



***Tems Podiatry and Chiropody***  
Footwear Advice Sheet

**An Ideal Shoe**

An ideal shoes is a shoe that:

- Fits your foot snugly at the heel and is wide enough and deep enough to allow your toes room to wiggle!
- Has soft leather uppers to allow your feet to 'breathe' with minimal seams and stitching, which can cause blisters and irritation.
- Is light-weight and supple with a cushioned insole, a low heel with lace ups, velcro or buckled fastening. This stops your foot from slipping out of the shoe as you walk.
- Is the right shoe for the right occasion – court shoes are fine for the odd evening out but not for shopping.

**Remember:**

- Always ask the shop assistant to measure your feet before buying shoes
- Ill fitting socks and stockings can cause as many problems as footwear.
- Slippers are for the bedroom only! They do not give enough foot support to be worn all day.
- 'Ideal shoes' are suitable for everyone at any age. Shops do stock many fashionable styles that meet these requirements.