



What is an appropriate shoe?

Our podiatrists are often asked what makes an appropriate shoe.

Here are the key features to look out for:

- A sturdy heel counter (essentially the hard plastic backing that cups the heels when pushed on does not compress).
- A shoe which has either a strap, laces, buckle or a Velcro fastening on the top of the foot.
- The shoe should only bend where the ball of the foot starts and the big toe bends.
- The shoe should have some adequate cushioning so that the foot is not walking straight onto the ground. This allows protection and shock absorption for the feet.
- The shoe should be wide enough for the toes to move around and not cause excessive pressure on the outsides of the foot.
- Adequate length should be ensured to prevent the toes from experiencing trauma and deformity.

Wearing appropriate footwear can make a big change to your daily life. It can help to reduce foot pain, help prevent foot deformity, help reduce irritation to the feet and provide greater support to your feet.