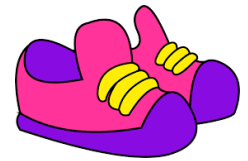

Footwear - shoes, slippers, socks, tights – anything that goes on the feet.



Footwear is your first line of defence against the wear and tear of an active lifelong lifestyle. Proper footwear provides not only protection, but helps you maintain your balance and posture and prevent falls. They also help prevent conditions such as bunions, plantar fasciitis and calluses.

Footwear:

- Wear shoes that are suited to the activity the person is doing.
- A good shoe should support & protect the foot & allow natural movement during walking.
- Poorly fitting footwear can cause problems, such as corns, calluses & ingrowing toenails.

Hosiery:

- Wear socks with a high proportion of natural materials - as cotton / wool – this allows sweat to evaporate from the skin.
- Wear wool in winter for warmth & cotton in summer for coolness.
- Ensure socks & tights are not too tight – or pulled up too tight & cutting into the person's skin.

Top tips for good footwear:

- Upper – leather or breathable natural or synthetic materials with seam-free linings
- Toe-box – deep & roomy at the front of the shoe to prevent pressure.
- Sole – cushioned & flexible with good grip.
- Heel – no more than 3cm (1½") high & broad enough to provide stability.
- Fastenings – laces, buckles or Velcro straps hold the shoe comfortably & securely on the foot.

When people are less mobile - shoes should be worn where possible - slippers should only be worn for a short time before bed & as short a time as possible, when the person gets up.

What to do if you notice a foot problem:

If a toe or part of their foot is red, hot, & swollen, painful, leaking blood or fluid such as pus. Contact local NHS podiatry department or the GP.

General information about foot care can be found: --

- NHS inform website
- local pharmacy
- local NHS podiatry department



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