How to Choose Appropriate Footwear

**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 appropriate footwear**

- **Mary Janes**: Firm and deep heel counter to provide adequate support
- **Adjustable lace, buckle or strap fastenings hold the foot more firmly**
- **Firm and deep heel counter to provide adequate support**
- **Running Shoes**: Smooth inner lining prevents friction and blisters
- **Outsole with non-slip grip prevents slips and falls**
- **Firm midsole for support and control if indicated by your podiatrist**