

Footwear Guidelines



How do I fit my shoe?

SHOE LENGTH – HEEL TO TOE



Check for thumb width of space at the end of the shoe



How do I fit my shoe?

SHOE WIDTH – HEEL TO TOE

Shoes should fit comfortably



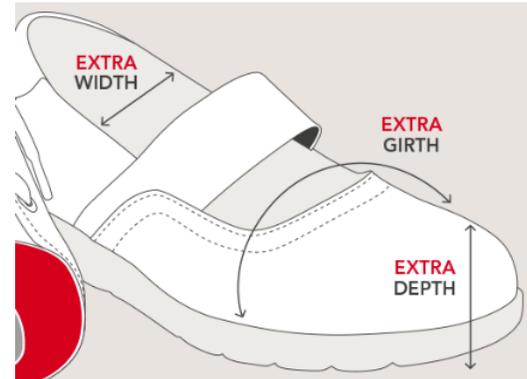
Avoid poor-fitting shoes



ADAM.

What features should I look for in shoes?

Wide and deep enough so your toes are not constricted



How do I fit my shoe?

HEEL GRIP

There should be no gap



The back of your shoe should fit your heel with no gapping to avoid slippage



How do I fit my shoes?

HEEL GRIP

Tight shoes can lead to blisters and should be avoided

*make sure to cover all blisters



What features should I look for in shoes?

HEEL COUNTER



Heel counter should be firm but not too rigid

Shoe Assessment

HEEL HEIGHT

- Heel height should be no greater than 2 inches (5cm)
- The higher the heel the more pressure you put on the ball of the foot



What features should I look for in shoes?

SUPPORT

If you step on something or drop something on your foot the shoes should be able to protect you



FLEXIBLE

Flexible in the forefoot for comfortable walking

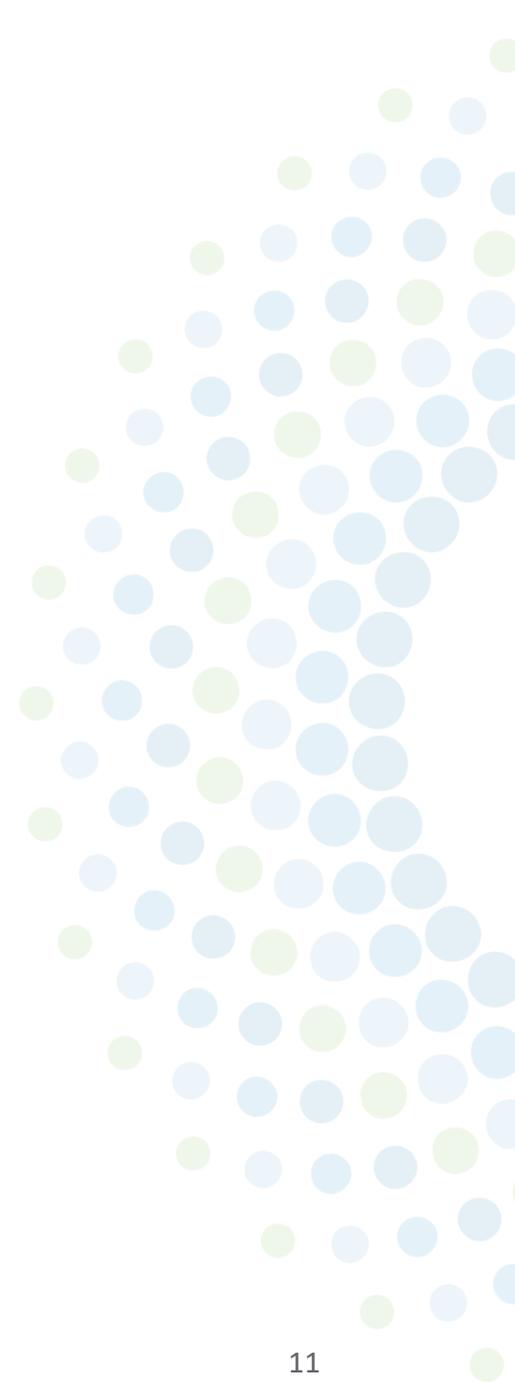


What features should I look for in shoes?

Wide enough opening for easy on and off



What's good about these shoes?



Features we like in these shoes

- Back strap for stability
- Breathable
- Easy to put on and take off
- Easy to clean
- Adjustable
- Affordable



Features we DON'T like

- Poor stability
- Not protective
- Poor support
- Easy to puncture



Sandals

LIKES

- Breathable
- Easy on and off
- Affordable



DISLIKES

- Poor support
- Danger of blistering
- Easy to puncture
- Exposed



Examples of supportive summer shoes

- Heel strap
- Good arch
- Non-slip sole
- Good foot retention



Footwear for home

Features to look for:

- Firm insole
- Fastening straps
- Heel counter



Features to look for in winter shoes

- Warm
- Waterproof
- Firm grip
- Ankle support
- Easy on and off



It is time to replace your shoes!

- When there are cracks or holes in the shoes
- Or the shoe is no longer supportive



NEW HEELS



WORN HEELS



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