

## FOOTWEAR

When you buy new shoes ask to have your feet measured as their shape and size may change. It is better to buy new shoes in the afternoon when your feet are slightly swollen.

Your shoes need to be well fastened, otherwise your feet may slide forward in them and this can damage your toes. Try to keep court shoes and slip-on shoes for special occasions.

When choosing new shoes, stand up in them and check the following:-

### *Length*

There should be ½ inch of shoe in front of the longest toe

### *Width*

Your toes are not cramped together nor cause a bulge at the side of the shoe

### *Depth*

There is room for the toes to lift up and down without pushing out the shoe upper

### *Heels*

For daily wear, a heel height of 1½ inches or less is best

A quick way to check your shoes for size is to stand up straight on a piece of paper and get a friend to draw round your foot. Cut out the shape. When this is slipped into a shoe it should fit so that it is the same width as the inside of the shoe, and a little shorter.