

Proper Footwear



MEASURE YOUR FEET:

The size and shape of your feet can change over time. Have your feet measured before you buy a new pair of shoes. If an experienced shoe fitter is not around, you can fit yourself. Here is how:

1. Trace an outline of your foot on a piece of paper.
2. Place the shoe over the outline.



CHOOSE THE RIGHT SHOES:

- New shoes should be sturdy and comfortable. They must fit the length and width of the foot (leave room for toes to wiggle).
- Always wear socks or stockings with your shoes. Socks made of wool or 100% cotton offer the most protection. They also keep your feet warm and dry.
- Break in new shoes slowly by wearing them for only one or two hours at a time.



THINGS TO AVOID:

- Do not wear high heels, sandals, or pointed-toe shoes. They put excess pressure on your feet.
- Do not walk barefoot, even in your home or at the beach.
- Do not wear mended or seamed socks. They can cause blisters or skin injuries.
- Do not wear nylon stockings if you are being treated for an infection.

