

Diabetic Footwear Checklist



Yes	No	
		<p>Is the heel of your shoe less than 2.5cm (1")? <i>As the height of your heel increases the pressure under the ball of your foot becomes greater. Increased pressure can lead to callus and ulceration.</i></p>
		<p>Does the shoe have laces, buckles, or elastic to hold it onto your foot? <i>If you wear slip on shoes with no restraining mechanism, your toes must curl up to hold the shoes on. This can cause the tops of your toes to rub on your shoes leading to corns and calluses. Secondly, the muscles in your feet do not function as they should to help you walk; instead they are being used less efficiently to hold your shoes on.</i></p>
		<p>Do you have 1cm (approx thumb nail length of space between your longest toe and the end of your shoe when standing? <i>This is the best guide for the length of the shoe, as different manufacturers create shoes which are different sizes. Your toes should not touch the end of the shoe as this is likely to cause injury to the toes and place pressure on the toe nails.</i></p>
		<p>Do your shoes have a well padded sole? <i>Shoes should have supportive, but cushioned sole to absorb any shock and reduce pressure under the feet.</i></p>
		<p>Are your shoes made from material which breathes? <i>A warm, moist environment can harbor organisms such as those which cause fungal infections.</i></p>
		<p>Do your shoes protect your feet from injury? <i>The main function of footwear is protection from the environment. Ensure your shoes are able to prevent entry of foreign objects which can injure the foot. If you have diabetes a closed toe is essential to prevent injury to the foot.</i></p>
		<p>Are your shoes the same shape as your feet? <i>Many shoes have pointed toes and cause friction over the tops of the toes which can lead to corns, callus, and ulceration. If you can see the outline of your toes imprinted on your shoes, then the shoe is probably the wrong shape for your foot</i></p>
		<p>Is the heel counter of your shoe firm? <i>Hold the sides of the heel of your shoe between the thumb and forefinger and try to push them together. If the heel compresses, it is too soft to give your foot support. The heel counter provides much of the support of the shoe and must be firm to press.</i></p>

Scoring

If you answered "No" to any of the above questions, your footwear is probably not protecting and supporting your foot as it should be.

Shoe-Fitting Recommendations

- Re-measure feet each time buying shoes. Have your foot measured when you are standing.
- Shop late in day
- Size varies depending on the manufacturer. Always try more than one size to find the best fit.
- Try on both shoes and walk around to be sure both shoes are comfortable. Fit to the larger foot.
- Allow at least a thumb width of space at the end of your longest toe in the shoes you select. Make sure you can wiggle your toes.
- Try the shoes on with the type of socks you will wear.
- Choose leather uppers, a stiff heel, inside cushioning, and flexibility for the ball of the foot.
- Ideal heel— $\frac{3}{4}$ -inch or less, Outer sole should be made of soft material, Laces or velcro closure
- For serious foot problems, you will need a shoe that is specially molded to your foot.
- Check fit with health care professional.



For more information see the "Foot Care" handout and visit: "Take Care of Your Feet for a Lifetime"
http://ndep.nih.gov/campaigns/Feet/Feet_overview.htm