



Does the shoe front come up your foot far enough and fasten to prevent your foot moving forward? Does it secure your heel in your shoe?



Integrated Diabetic Footcare Project

How to Check your Shoes

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Exeter Diabetes Centre

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Patient Information

An important part of footcare is to have your feet measured when you go to buy new shoes. A good shoe shop should be able to do this.

Do this in the afternoon as your feet swell later in the day.

Points to Check (all your footwear)

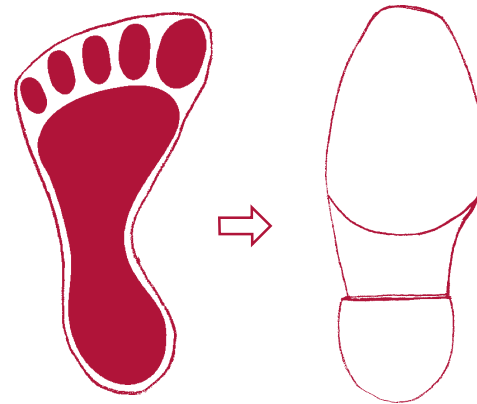
1 Stand on a piece of paper and draw round your stockinged foot (do each foot).



Draw around foot.

This will give you the shape. This is what your shoe needs to cover.

Compare this to the sole of your shoe - you may find your shoe is **too small/ tight**.



Compare drawing to the sole of your shoe.

2 Is your shoe **long** enough?
Is your shoe **wide** enough?
Has your shoe got enough **depth** over your toes to give your foot enough room?



There should be **1cm space** from the end of your toe to the inside of your shoe when standing.

3 **Is it smooth inside?**
Look out for seams or rough places. Ideally, the shoe should have a soft upper without hard seams. Don't have the shoes if you think they could rub your feet.

4 Avoid high heels if possible as they can lead to extra pressure on the toes and the ball of the foot.

5 Wear new shoes for only an hour or so on the first day gradually increasing the time of wearing.