

Department of  
**PODIATRY**

# A Guide to Appropriate Footwear



# Choosing the Appropriate Footwear

- Wearing appropriate footwear that fits well is important to provide adequate protection for your feet and prevent potential foot problems.
- The type of footwear worn should be appropriate for the occasion or activity.
- A good pair of footwear supports and better redistributes your weight more evenly across both feet.



## Ideal Footwear Criteria

### 1. Supportive & Cushioning

#### Firm Heel Counter

- Supports your heel and locks your foot into the shoe, preventing excessive motion.

*A firm heel counter should not collapse when pressed inwards*



*A poor heel counter collapses when pressed*



## Firm Midsole

- Aids in distributing pressure more evenly across your foot.
- Have a thick rubber base sole for cushioning purposes.

*Good support:  
Does not twist or  
bend in the middle*



*Poor support:  
Twists or bends in the middle*

## **2. Appropriate Fitting**

### Length

- At least one thumb width's space between the longest toe and the tip of the shoe.



### Width

- The width of the shoe should be as wide as the widest part of your foot.



### Volume

- You should be able to pinch around 1cm of material from the top front of your shoe.



### 3. Appropriate Form of Ankle Fixation

- Fixations (e.g. laces, adjustable Velcro straps or buckles) should be close to your ankle.
- This prevents your foot from moving forward within the shoe. Ensure that your laces / straps are fastened securely.



*Shoelace*



*Quick laces/  
Bungee laces*



*Velcro straps*

- Untie and re-tie your shoelaces each time when wearing your shoes.
- This will prevent the heel counter from wearing down and ensures that your fixations are securely fastened.



## Additional Tips

- ❑ If your feet are of different sizes, always buy shoes to fit the larger foot.
- ❑ Buy your shoes at the end of the day to factor in any feet swelling which may have occurred during the day.
- ❑ A shoe does not require any expansion. They should fit comfortably when you buy them.
- ❑ Try new shoes indoors for 30 mins to 1 hour first and observe for any signs of redness/ rubbing/ blistering which may indicate an inappropriate fit. Do not wear the shoes if you observe these signs.
- ❑ Your shoes should be replaced if you notice that:
  - The soles of your shoes are wearing down significantly, e.g. grooves are getting bald / smooth.
  - The shoes are significantly less supportive or cushioning than when you first bought them.
  - There are any holes in the shoes.

## Foot Care & Limb Design Centre

Block 101 Jalan Tan Tock Seng

(Between National Skin Centre and  
Tan Tock Seng Hospital)

### Contact:

6357 7000 (Central Hotline)



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