FOOT CARE

A SIMPLE GUIDE TO

GOOD FOOTWEAR

Your Tools to Good Health

Polyclinics
SingHealth

FOOTWEAR ADVICE AND GUIDE

Poorly fitted shoes can be damaging to your feet. Many foot problems occur or get worse due to the shoes you are wearing.

Foot problems such as corns, calluses, ingrown toenails, blisters, bunions and ulcerations can occur due to ill-fitting footwear.

FEATURES OF A GOOD PAIR OF FOOTWEAR

The heel counter should not collapse when pressed down

- **Heel** – should have a broad base to provide more contact with the ground, and no higher than 2.5cm.
- **Sole** – should provide cushioning, for example, rubber and protection as well as enough grip to prevent slipping.
- **Heel counter** – should have a reinforcing heel cup that does not collapse when pressed down and stabilizes the foot upon contact with the ground.

- **Fastenings** – choose footwear with adjustable laces, buckle or straps to hold the foot more securely when walking.
- **Upper and Linings** – should be made from breathable fabrics or leather to keep feet from fungal infection.
- **Toe box** – Choose footwear with wide and deep toe box for toe movement and prevent rubbing.

Footwear should only bend at the toe region at around 45 degrees

THINGS TO NOTE WHEN CHOOSING FOOTWEAR

- Choose footwear that enables you to wiggle your toes inside the shoe.
- Try on shoes to ensure they do not rub or pinch the skin.
- Buy shoes in the afternoon or evening as feet usually swell during the day.
- Choose the right shoes for the activity you are planning.
- Choose the right size. Accidents and injury can be caused by poorly fitted footwear.

- *Ensure a thumb's allowance from the longest toe.*
- *Check that the toe box is broad with space for toes to wiggle.*

GENERAL TIPS FOR FOOTWEAR

- Wear socks when wearing shoes and change your socks daily.
- Alternate shoes daily.
- Keep feet clean and dry.
- Limit the amount of time wearing slippers especially walking for a long period of time.
- Always check footwear for wear and tear. Worn out shoes can be damaging to the feet.
- Get footwear with removable insoles to allow insertion of paddings and foot orthoses.

For more advice on footwear, please consult our Podiatrist. A consultation with our polyclinic doctor is required for any referral to the Podiatrist.

www.healthxchange.sg/video
Scan to check out our **health education videos**

A member of SingHealth

Polyclinics
SingHealth

SingHealth Polyclinics
167 Jalan Bukit Merah
Tower 5, #15-10
Singapore 150167

6643 6969

http://polyclinic.singhealth.com.sg

SingHealthPolyclinics@singhealth.com.sg

SingHealth DukeNUS
ACADEMIC MEDICAL CENTRE

Disclaimer: All information provided within this publication is intended for general information and is provided on the understanding that no surgical and medical advice or recommendation is being rendered. Please do not disregard the professional advice of your physician.

免责声明：本出版物中提供的所有信息旨在作为一般信息之用，且基于并未提供外科及医疗意见或建议的理解而提供。请别无视您的医师的专业意见。