

# ADVANCED FOOT AND ANKLE CLINIC

## CHOOSING THE CORRECT SHOES

1. Always have your feet measured prior to buying shoes. Your foot size will change over time.

2. Change your shoes regularly. Never wear shoes that have lost the original shape or have holes.

3. Do not buy shoes by numerical size. Every shoe company makes a different size and shape of each particular size (i.e. a size 6 in one shoe may be the same size as a size 7 in another shoe).

4. Always have a knowledgeable sales representative assist you in identifying if the shoe fits correctly. Diabetes can result in a lack of feeling in the feet and therefore it will be difficult for you to tell if the shoes fit.

5. Several brands of shoes are good and you should follow the instructions of the office. If you have any question please call the office.

6. As a general rule always purchase shoes that have adequate space in the toe area.

7. If you have been given an insole to use, always place these in the shoes you mean to purchase. If the shoes come with an insole in place always remove it and replace it with the one given to you by the office.

8. Bring the new shoes to the office so that we can check the fit.

9. Follow any other instructions from the office.