

Queensland Stay On Your Feet®



Safe shoe checklist

The requirement for safe, well fitting shoes varies, depending on the individual and their level of activity. The features outlined below may help in the selection of an appropriate shoe. The shoe should:

Heel		Have a low heel (i.e. less than 2.5cm) to ensure stability and better pressure distribution on the foot. A straight-through sole is also recommended.
		Have a broad heel with good ground contact.
		Have a firm heel counter to provide support for the shoe.
Sole		Have a cushioned, flexible, non-slip sole. Rubber soles provide better stability and shock absorption than leather soles. However, rubber soles do have a tendency to stick on some surfaces.
Weight		Be light weight.
Toe box		Have adequate width, depth and height in the toe box to allow for natural spread of toes.
Fastenings		Have laces, buckles, elastic or velcro to hold the shoe securely onto the foot.
Uppers		Be made from accommodating material. Leather holds its shape and breathes well; however, many people find walking shoes with soft material more comfortable.
Safety		Protect feet from injury.
Shape		Be the same shape as the feet, without causing pressure or friction to the foot.
Purpose		Be appropriate for the activity being undertaken during their use. Sports or walking shoes may be ideal for daily wear. Slippers generally provide poor foot support and may only be appropriate when sitting.
Orthoses		Have comfortably accommodating orthoses, such as ankle foot orthoses or other supports, if required. The podiatrist, orthotist or physiotherapist can advise the best style of shoe if orthoses are used.

This is a general guide only. Some people may require the specialist advice for the prescription of appropriate footwear for their individual needs.