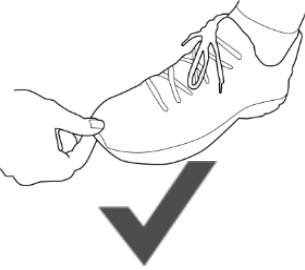
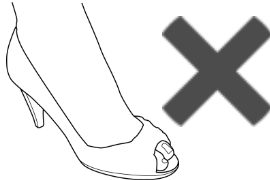
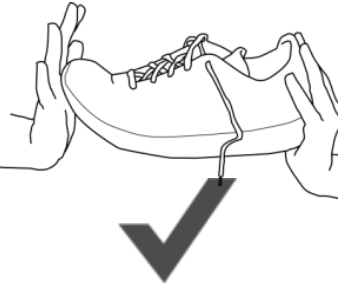

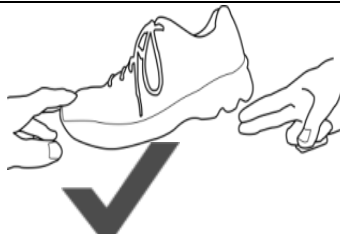


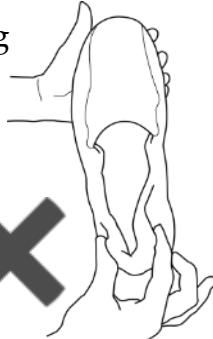



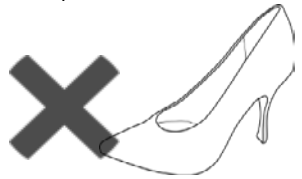
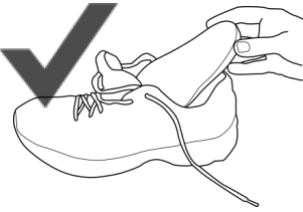


How to Choose Shoes for Arthritis

GOOD:	BAD:
<p>→ Space for your foot</p> 	<p>→ Your toes should not be squeezed or touch the end of the shoe as you walk</p> 
<p>→ Look for a stiffer sole.</p> 	<p>→ A cushioned shoe is good but it should not be too bendy!</p> 
<p>→ If you have pain at the front of the foot, a rocker sole (curves up at the front end) can help.</p> 	<p>→ If your balance is poor, ask your health care team for advice</p> 

GOOD:	BAD:
<p>→ A firm, cushioned heel cup that keeps your heel in place.</p> 	<p>→ The heels should not slip forward or up and down when walking</p> 
<p>→ Soft, comfortable material on the top</p> 	<p>→ There should not be pressure on the top or sides of your toes</p> 
<p>→ Low heel height of 1/2" - 1 1/2"</p> 	
<p>→ Soft, comfortable insole</p> <p>→ If you wear orthotics, look for shoes that come with a removable insole.</p> 	

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

Adapted with permission from OASIS and Mary Pack Arthritis Program. Images used with permission of Vancouver Coastal Health

How to Choose Shoes for Arthritis - *continued*

How to Shop for Shoes

- Try on shoes in the afternoon; your feet may swell during the day.
- Have both your feet measured for length and width in standing. Shoe size is just a guide, how it fits is more important.
- Try on shoes with the socks and orthotics that you plan to wear with them.
- Walk around the shop for several minutes to check comfort and fit. Try different surfaces, such as carpet, tile, and concrete.
- Purchase from a store that will let you to try your new shoes indoors for a few days and will take them back if necessary.
- If your feet are very painful, you may need shoes for indoors too.
- Your arthritis therapist can provide a list of stores with good brands of shoes.

*Replace shoes at least once a year, more often if you wear them regularly.

Footwear recommendation/prescription:
--

- Extra wide
- Extra deep
- Neutral
- Motion control
- Lace up
- Velcro closure
- Accommodates orthotic
- Stiff sole
- Rocker sole
- Other _____

Adapted content from (IVA-43) and images used with permission from Vancouver Coastal Health

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

Adapted with permission from OASIS and Mary Pack Arthritis Program. Images used with permission of Vancouver Coastal Health