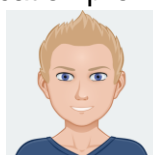


APPROPRIATE FOOTWEAR CHOICE

- Generally, supportive footwear should have the following features:
 - Firm heel counter (back of shoe)
 - Lace up shoes, utilising the top eyelet holes, which will hold the foot against the heel counter
 - Shoes should only bend where the toes do and not bend or twist in the middle of the shoe
- Most “casual” shoes do not have these features, however there are different brands of shoes that might appear to be like regular casual shoes, but have runner technology in them.
- There are many different foot types, such as those with rigid, higher arches, or more flexible, lower arches and everything in between.
- Most brands of shoes will have products within their range which are designed for a particular foot type.
- It is important to ensure that you have the correct shoe for your foot type as mismatching could potentially make symptoms worse by exaggerating how your foot normally moves.



Disclaimer: This health information is for general education purposes only and is intended to be a reminder of education provided by your health professional after a thorough examination.



APPROPRIATE FOOTWEAR CHOICE

- There are providers who conduct a free walking assessment to aid in the selection of appropriate footwear
 - ActiveFeet (activefeet.com.au)
 - Podiatry-trained staff.
“Our highly-trained team provide FREE in store industry leading video gait-analysis, so you can be sure you are fitted in the right shoe for you”
 - Athlete’s Foot (www.theathletesfoot.com.au)
 - Trained staff with 3D fitting
“Come in store and experience MyFit 3D – a revolutionary NEW fitting experience that combines our shoe expertise and knowledge of biometrics with state-of-the-art technology to ensure the PERFECT FIT.”
- Podiatrists also conduct foot assessments and will be able to advise which shoe types are the most appropriate. They can also advise if orthotics (shoe inserts) may be required for your condition.
 - There is a cost involved but if your condition is chronic, you may be able to receive subsidised podiatry under a GP-issued care plan.
 - Podiatry may be able to be claimed under some private health insurance extras cover

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