

HEALERS' NOTES

Shoe shopping checklist

Selecting comfortable, durable shoes can help prevent wounds from recurring. Use this checklist to evaluate your options. **If you can answer “Yes” to these questions, your shoes are perfect!**

	<u>Yes</u>
1. Are your shoes the same shape as your feet?	<input type="checkbox"/>
2. Are the soles of your shoes well-padded?	<input type="checkbox"/>
3. Are your shoes flexible at the base of your toes?	<input type="checkbox"/>
4. Do your shoes protect your feet by covering them completely?	<input type="checkbox"/>
5. Are your shoes not sandals?	<input type="checkbox"/>
6. Are the tops of your shoes made of leather or cloth that lets your feet breathe?	<input type="checkbox"/>
7. Are the heels of your shoes firm? Do they shift to the left or right when you are standing or walking?	<input type="checkbox"/>
8. Are the heels of your shoes less than one inch high?	<input type="checkbox"/>
9. Are your shoes secured to your feet with laces or Velcro?	<input type="checkbox"/>
10. Are your shoes deep enough to keep your toes from bulging at the top of your shoes?	<input type="checkbox"/>
11. Are your shoes wide enough to prevent them from being stretched by your feet?	<input type="checkbox"/>
12. Is there at least one-half inch from the tip of your longest toes to the end of the shoes?	<input type="checkbox"/>

Adapted from research conducted by Craig L. Broussard, PhD, RN, CNS, Regional Director of Clinical Services, National Healing Corporation. Used with permission. Broussard, C. L. (2002). Loss of protective foot sensation and shoe wearing habits in persons with diabetes mellitus. (Doctoral dissertation, Texas Woman's University, 2002). Dissertation Abstracts International, 63(3), 1264. (UMI No. 3046299).

This information is not intended as a substitute for professional medical care.

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Things to remember when choosing shoes

- Shoes should be comfortable at the time of purchase.
Do not depend on shoes to stretch out.
- Shoes should be made of leather. Running shoes may be worn, but first check with your physician.
- Do not wear sandals or thongs that have a strip between your toes.
- Notify your physician or podiatrist at once if any redness, blisters, or wounds develop on your feet. Be sure to tell your podiatrist if you have diabetes.
- Inspect the inside of your shoes daily for foreign objects, nail points, torn linings, and rough areas. Never wear shoes without socks. Wear properly fitting socks made of cotton or wool. Do not wear mended socks. Avoid socks with seams. Change your socks daily.



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