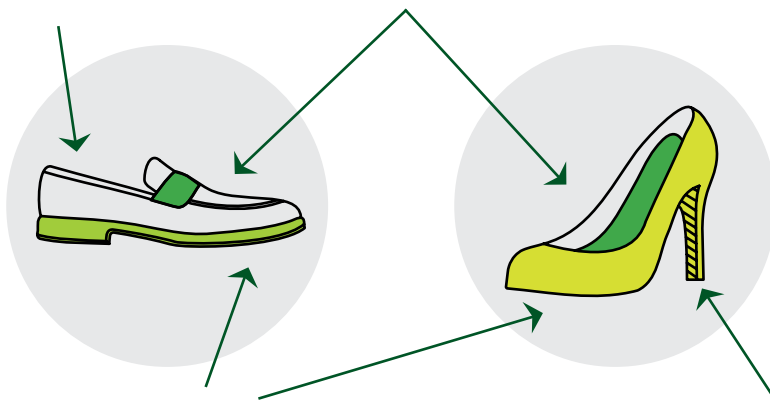


What makes a shoe unsafe?

Soft or stretched uppers allow the foot to slide around in the sole

Lack of laces means the foot can slide out of the shoe



Slippery or worn soles are a balance hazard, particularly in wet weather

Avoid high heels (more than 1 inch), especially ones with narrow heels

Examples of appropriate shoes to reduce risk of falls



Safety Tips

- Avoid walking in only socks inside and outside your home.
- Avoid wearing shoes with heels over one inch, with no ankle support, or with a smooth sole.
- Avoid wearing shoes with no back (such as a mule or clog) or strappy back (such as a slingback).

Footwear Tips

- Shop for shoes later in the day to ensure a proper fit.
- Have your feet measured to ensure appropriate shoe width and length.
- Accommodate foot deformities such as bunions or hammertoes by choosing shoes with a wide toe box.
- Consider a pedorthist, a specialist in footwear and devices, for footwear and orthotic recommendations to provide the best possible support for walking. See www.pedorthics.org for a searchable directory of credentialed pedorthists.