

SAFE FOOTWEAR



Managing your footwear is an important part of preventing falls. Unsafe footwear can upset your balance and even change how you walk.

GENERALLY, SAFE FOOTWEAR FEATURES:

- A good fit. This gives you a safe walking pattern and proper balance.
- Laces or hook and loop closure such as VELCRO® Brand as the best choices. If you have trouble tying laces, look for special aids at pharmacies to help you.
- Lots of contact with the ground. This gives your feet stability. Wear flat shoes with low, broad heels.

CHECK YOUR SHOES FOR:

- A sole with a good grip. A good grip depends on the material used, the pattern in the sole or both. A shoe repairer may be able to add grips to your current footwear.
- A rounded or beveled edge at the heel. This increases the contact area and grip at the heel, making it safer.
- A thin, firm mid sole. These are more stable than soft soles, unless your health care provider or foot care specialist have advised you otherwise.
- A back on the shoe that covers the heel. This provides support and prevent slipping.

GENERALLY, UNSAFE FOOTWEAR INCLUDES:

- High or narrow heels
- Slippery or worn heels
- Soft or stretched uppers
- Slip-on shoes or slippers
- Worn, loose or poorly-fitting shoes
- Heavy shoes
- Wearing only socks

*Let's be **ACTIVE**. Let's be **SOCIAL**. Let's be **STRONG!***

For more information visit: www.stayonyourfeet.ca or call 1-866-747-4305.



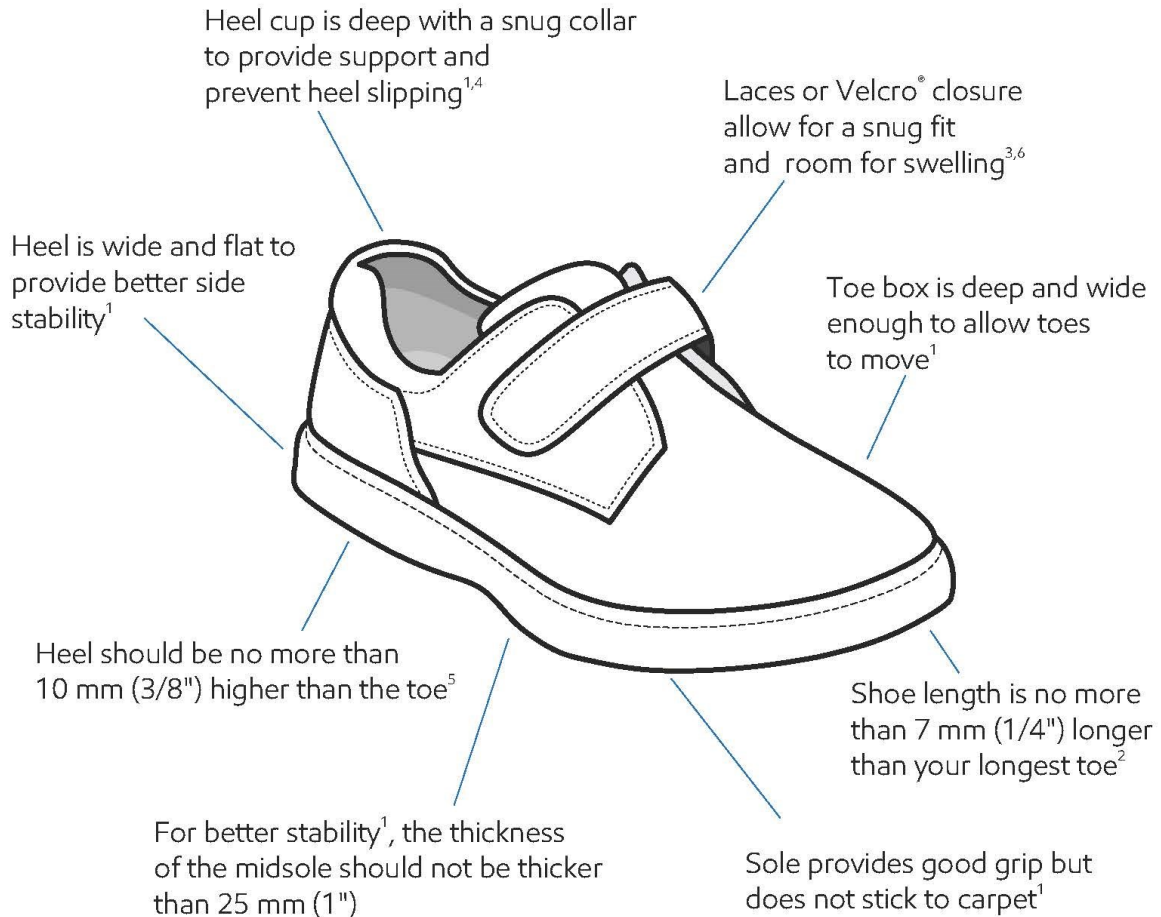
Ontario Health **Santé Ontario**
North East Nord-Est

SAFE FOOTWEAR

Stay Independent.
Prevent Falls.

THE IDEAL SHOE FOR SENIORS' FALLS PREVENTION

findingbalancealberta.ca



Contact Information



email: info@findingbalancealberta.ca
phone: 780.492.6019

1. Iqbal, TC, Omar, A. & Elfar, JH. Evaluating Problems With Footwear in the Geriatric Population. Geriatric Orthopaedic Surgery & Rehabilitation. 2015; 6(4): 338-340.
2. Burns, SL, Leese, GP, & McMurdo, MET. Older people and ill-fitting shoes. Postgrad Med J. 2017; 78: 334-346.
3. Menz, HB, Auhl, M, Ridzveki, S, Frescos, N, & Munteanu, SE. Evaluation of the accuracy of shoe fitting in older people using three-dimensional foot scanning. J Foot and Ankle Research. 2014; 7(3).
4. Lord, SR, Bashford, GM, Howland, A, & Munroe, BJ. Effects of shoe collar height and sole hardness on balance in older women. J Am Geriatrics Society. 1999; 47: 681-684.
5. Corrigan, JP, Moore, DP, & Stephens, MM. Effect of heel height on forefoot loading. Foot & Ankle. 1993; 14(3): 148-152.
6. Menz, HB, Auhl, M, & Munteanu, SE. Effects of indoor footwear on balance and gait patterns in community-dwelling older women. Gerontology. 2017; 63:129-136.

© Copyright 2023 - Finding Balance & Injury Prevention Centre.

Finding
Balance

REV-07-2023

Adapted with permission from the Injury Prevention Centre, University of Alberta, 2023.

Let's be **ACTIVE**. Let's be **SOCIAL**. Let's be **STRONG!**

For more information visit: www.stayonyourfeet.ca or call 1-866-747-4305.



Ontario Health North East
Santé Ontario Nord-Est