

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 are 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 midsole. 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 your local public health unit.

SAFE FOOTWEAR

Stay Independent.
Prevent Falls. <

THE IDEAL SHOE FOR SENIORS' FALLS PREVENTION

findingbalancealberta.ca

Heel cup is deep with a snug collar to provide support and prevent heel slipping^{1,4}

Laces or Velcro® closure allow for a snug fit and room for swelling^{3,6}

Heel is wide and flat to provide better side stability¹

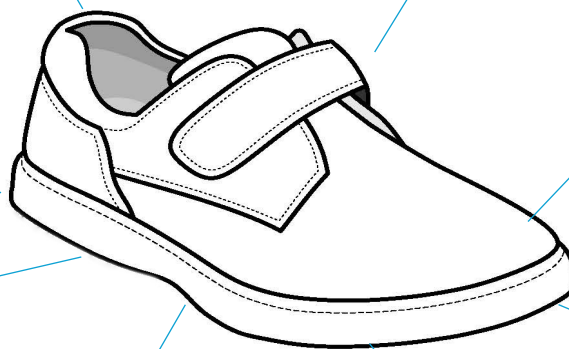
Toe box is deep and wide enough to allow toes to move¹

Heel should be no more than 10 mm (3/8") higher than the toe⁵

Shoe length is no more than 7 mm (1/4") longer than your longest toe²

For better stability, the thickness of the midsole should not be thicker than 25 mm (1")¹

Sole provides good grip but does not stick to carpet¹



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2. Bums, SL., Leese GP., & McMurdo, MET. Older people and ill-fitting shoes. *Postgrad Med J*. 2017; 346
3. Menz, HB., Auhl, M., Ristevski, 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. Lond, SR., Bashford, GM., Howland, A., & Munroe, BJ. Effects of shoe collar height and sole hardness on balance in older woman. *J Am Geriatrics Society*; 1999; 47: 681-684
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