

Winnebago County Falls Prevention: Guide to Selecting Supportive and Stylish Shoes

How to choose a shoe that meets your needs

- ✓ **Avoid** shoes with soft, thick soles. Shoes with soft soles and interiors, such as athletic shoes, may provide too much “sway” and may not promote good balance.
- ✓ **Choose** a shoe that has a sole that is flexible under the ball of the foot.
- ✓ **Choose** shoes with low heels and good tread
- ✓ **Choose** shoes with soles and heels that provide good traction and are slip-resistant.
- ✓ **Choose** shoes with Velcro or elastic cord if you have trouble with laces.
- ✓ **Avoid** typical house slippers, especially the “flip-flop” variety or those without heel support
- ✓ **Avoid** high heels (anything over 1 inch).
- ✓ **Choose** new shoes that are comfortable right away. Shoes should not need a breaking in period.
- ✓ **Choose** a shoe size that fits properly. Shoes fit properly when there is a half-inch between the longest toe and the inside of the shoe. Shoes should also be snug and offer a firm grip at the heel counter.
- ✓ **Choose** shoes you enjoy wearing! There is no reason your shoes can’t be supportive, stylish, and make you look good.



Based on information found in “Sure Step” manual