

ABOUT YOUR FOOTWEAR

HOW DO I FIND COMFORTABLE SHOES?

A comfortable shoe accommodates the shape of your foot. To do this, measurements need to be taken to ensure the shoe has adequate length, width and depth. Other features which make the shoe comfortable include a thicker, cushioning sole which provides shock absorption and the correct wearing-in process.

WEARING-IN PROCESS:

Wear the shoes in gradually, 1 hour on the first day, slowly building up.

WHY DO MY SHOES HURT?

The most common reason why shoes hurt is that they are not fitted properly. This results in pressure areas on your foot, as the shoe is not correctly accommodating the shape of your foot. As you age your feet change shape, they may widen, or the arches may flatten. Hence, shoes that fit previously may no longer be comfortable. Arthritis, pointy shoes and foot mal-alignment can also cause deformities, e.g. bunions, which make it difficult to find shoes that fit. Mostly this can be easily solved by modifying the shoe.

WHY CAN'T I FIND SHOES THAT FIT MY FEET?

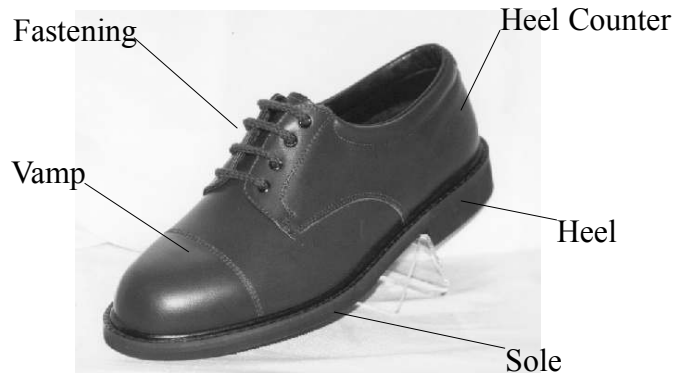
A number of foot problems can cause difficulties in finding appropriate footwear. These can include: narrow feet, broad feet, bunions, hammer toes, swelling, arthritis and joint thickening, and surgery. At Complete Feet we can provide made-to-measure custom-made shoes to accommodate all shapes and sizes. These shoes can then be further adjusted for maximum comfort.

WHAT FOOTWEAR WILL MY ORTHOTICS FIT INTO?

To determine which shoes will best fit your orthotics, an assessment of your current, regularly worn, footwear is made. When purchasing footwear, try to select footwear with removable insoles (to be replaced with the orthotic) and a strong heel counter. In some cases though, extra-depth footwear is required to fit orthotics. Take your orthotics with you when you go shoe-shopping. Lace-up or velcro shoes are better than slip-ons because they can be adjusted to fit the shape of the foot. High heels are not suitable. At Complete Feet we advise you on which shoes will best fit your orthotic and aid its function.

IS THERE ANY MAINTENANCE?

Leather shoes need protection to keep them in good condition. Apply shoe polish regularly. All soles wear, when worn down they can be repaired/replaced.



For more information phone: 1300 668 117