

Falls Prevention – Foot Care and Footwear

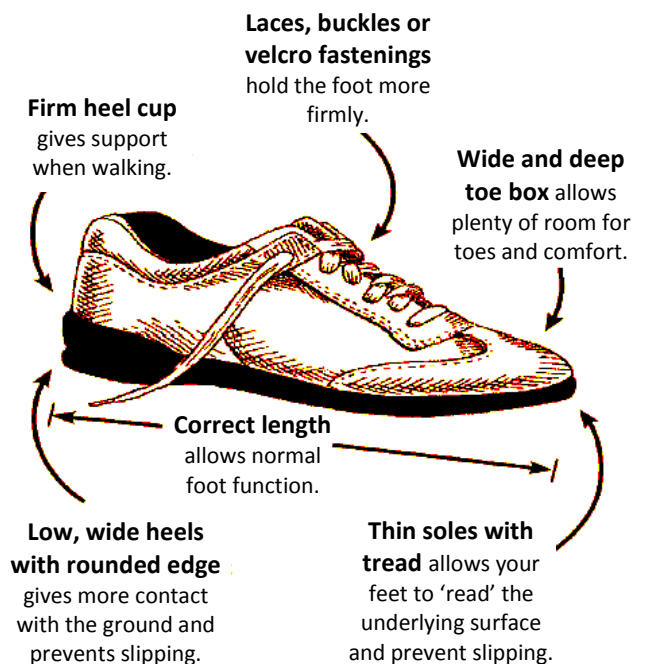
As we age, our feet can change shape and lose some feeling and flexibility. This changes the way we walk and affects balance. Painful or swollen feet can make it difficult to walk. Some shoes or slippers can also make you more likely to slip, trip or stumble, leading to a fall.

Look after your feet:

- See your doctor or a podiatrist, if you have painful or swollen feet, tingling or pins and needles in your feet, or if you have any changes in the shape of your feet (e.g. bunions).
- Ask a podiatrist, a physiotherapist or an occupational therapist for ways to improve circulation and reduce pain in the legs and feet.
- Foot and ankle strengthening exercises can help reduce your risk of falling.
- Wearing correctly fitting, supportive shoes can help reduce your risk of falling.

Shopping tips:

- Make sure the sole is not slippery.
- Walk around in the shop to ensure that the shoes fit properly and the heels don't slip.
- Try both shoes on and buy for fit, not size.
- Feet tend to swell during the day, so try shoes on mid-afternoon, with usual socks or stockings and orthotics.
- Don't be pressured by sales staff – if the shoes aren't right, don't buy them.
- Ask your podiatrist about specialist shoe stores if you have trouble finding suitable shoes because of foot problems.



**Choose the right shoes –
don't go head over heels!**

Acknowledgement to:

iSOLVE fall prevention partnership project
(The University of Sydney, Northern Sydney Medicare Local,
Clinical Excellence Commission)

Staying Active and on Your Feet booklet 2010
www.activeandhealthy.nsw.gov.au

Don't Fall for It booklet 2011

For further information scan this with your
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