

# HEALERS' NOTES

## Choosing the right shoes

Selecting comfortable, durable shoes can help prevent wounds from recurring. Your healthcare providers are available to help any time.

### What are good shoes?

- They *protect* your feet by preventing stubbed toes, blisters, and injuries from sharp objects.
- They are *comfortable*. Good shoes don't hurt or pinch your feet.
- They are *durable* – good shoes don't wear out easily.
- They bend where your feet bend and are rigid where your feet are rigid.
- They *cushion* your feet from the impact of walking.
- They provide *traction* and help to prevent slips and falls.
- They help keep you *stable* on your feet.

*A shoe that causes, blisters, corns, calluses, cramped toes, or foot pain is not a good shoe!*

**People with *diabetes, arthritis, and/or foot deformities* may need prescription footwear.**

### Foot facts by the numbers:

- **26** bones in the foot – in fact, *25 percent* of all the bones in the human body are found in the feet!
- **38** moving joints
- **200** pounds of pressure on each foot with each step
- **115,000** miles walked in the average person's lifetime

### Does my insurance cover prescription footwear?

Medicare does; if you have other insurance, be sure to check with your company about specifics. Medicare will reimburse a certain amount of money for one (1) pair of prescription shoes each year. In addition, Medicare will reimburse a certain amount for up to three (3) pairs of custom inserts annually. For details, ask your custom footwear provider.

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## *Do's and Don'ts* when you're getting fitted for shoes

- Do have your shoes and feet checked to be sure your shoes are the right size.
- Do follow your healthcare provider's advice about proper shoes.
- Do let a professional fit you if you have a bunion, hammer toes, or other changes in the shape of your foot.
- Do have both feet measured. Most people's feet are two different sizes.
- Do stand up when your feet are measured. This allows your feet to be measured at the maximum length and width.
- Do try on both shoes and walk in them.
- Do replace worn out shoes. Shoes eventually stretch out of shape and can injure your feet.
- Don't buy shoes without measuring your feet.
- Don't think your new shoes will stretch. Using your feet to stretch a shoe will damage your feet.
- Don't buy fashion at the expense of your feet.
- Don't modify your shoes to fit a bunion, corn, callus, hammer toes, or other changes in the shape of your feet – let a professional fit your shoes.
- Don't let your custom footwear provider fit you for more than one pair of inserts at any given time. Be fitted every (4) months because your feet may change size or shape.



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