

Fall Prevention Tip of the Month May 2010

Wear Sensible Shoes

Foot problems that cause painful feet and wearing unsafe footwear can increase the risk of falling. Our feet have nerves that help us judge the position of our bodies. To work correctly, our feet need to be in touch with the ground and our shoes need to stay securely with the foot as we take each step. Otherwise, falls may occur. Therefore, it's important to select footwear carefully to help prevent falls.

- Have your feet measured each time you buy shoes, since your size can change.
- Buy properly fitting shoes with nonskid soles. There should be no marks on your feet when you take off your shoes and socks.
- Shoes and slippers should completely surround your feet.
- Avoid backless shoes and slippers, high-heeled shoes, shoes with smooth leather soles, and shoes with extra-thick soles.
- Choose lace-up shoes instead of slip-ons, and keep the laces tied.
- Select footwear with fabric fasteners if you have trouble tying laces.
- Make sure the sole is textured for better grip.
- Shop in the men's department if you're a woman who can't find wide enough shoes.
- Use a long-handled shoehorn if you have trouble putting on your shoes.
- Never walk in your stocking feet.
- Replace slippers that have stretched out of shape and are too loose.

