

Where to purchase footwear

Many shops and footwear companies make wide fitting shoes and with the features discussed.

Below are some suggestions of manufacturers who tend to have some styles that meet the characteristics of a good shoe.

Wider Fit Shoes (www.widerfitshoes.co.uk)

Hotter (www.hottershoes.com)

Cosyfeet shoes (www.cosyfeet.com)

Padders (www.padders.co.uk)

Pavers (www.pavers.co.uk)

JD Williams, Evans, Clarks, Marks and Spencer, and New Look have a range of wide fitting shoes

Wide Fit Running Shoes

www.brooksrunning.com

Safety Footwear:

Arco: www.arco.co.uk

Sevsafe: www.sevsafe.co.uk

Safe and Sound: www.snssafety.co.uk

For Children:

Super Fit shoes:

www.zalando.co.uk/childrens-shoes/superfit/

Local shops:

North East Mobility, 25 Bank Street,
Galashiels

Symington Shoes, 48 Channel Street,
Galashiels

The above shops, brands and companies have no links with the NHS and may change their styles and sizes meaning that some shoes may not fit as well as when we recommended them to you

Further Information

For more information please visit the [Healthy Footwear Guide \(healthy-footwear-guide.com\)](http://healthy-footwear-guide.com)

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Health Information Portal (HIP)

Guide to Buying Footwear



Information for Patients

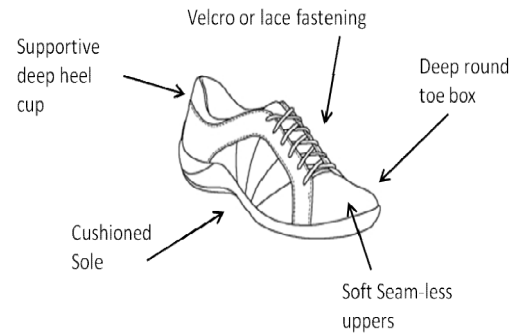
Footwear Advice Leaflet

All feet are different but well fitting supportive shoes should improve the comfort of your feet. This leaflet will give you simple practical information about what features to look for in your footwear to help treat your foot problem.

What is a good shoe?

- the shoe should be the correct length, width and depth for your foot
- there should be around 10mm space between the end of your longest toe and the end of the shoe
- round or square toe shape with plenty of depth so your toes are not squashed
- a low heel, ideally less than 30mm but more than 10mm high
- a lace or Velcro fastening to hold the foot firmly without rubbing
- a soft, seamless uppers with supportive deep heel counters
- cushioned sole to absorb impact
- removable insoles especially if the hospital is providing an insole/orthosis
- the heel counter should be firm and offer support to the heel. You should not be able to easily fold the back of the shoe over when the shoe is off.
- the natural shape of the shoe should not be distorted by the foot, this may indicate excess pressure on the toe joints
- a lower opening where the tongue opens down towards the toes can be easier to get on and off

Features of a good shoe



What is an unsuitable shoe?

- a “slip on” or court shoe which is kept on the foot by curling the toes. Slip-on shoes have to be wedged on to stay on the foot and this can damage the toes or cause corns and callus
- a pointed toe box, which will squash your toes together
- a heel that is too high and will cause pressure under the front of the foot or cause the foot to be pushed to the end of the shoe, crushing the toes
- a shoe made of plastic or rubber, which is not breathable and will cause your foot to sweat
- a thin or hard sole, which will not cushion your foot comfortably
- a shoe that is heavily worn causing it to start to tilt to the side

When to shop for shoes

Your foot size can vary through the day. Try shopping later in the day if your feet tend to swell they will be at their largest at that time.

Always buy shoes to fit your largest foot.

Shoes should be comfortable at the time of purchase, however, you should always break new shoes in slowly to reduce the chance of initial rubbing or discomfort. Remember, the most expensive shoe is not necessarily the best shoe. The best shoe is one that fits your foot well and is comfortable.

An easy way to check if the width and length of a shoe is suitable is to take the base insole out of the shoe and place your foot on top. For a good fit the insole should be as wide as your foot and for length there should be around a thumb's width between the end of your longest toe and the end of the insole.

Socks, stockings and tights

You should always change your socks, stockings or tights every day. If you have sensitive feet or diabetes then consider wearing your socks inside out so the seam is not against your skin or consider purchasing seam free or diabetic socks. If you struggle with swelling or the elastic of regular socks marking your ankles then soft top socks can be a good option.

<https://www.cosyfeet.com/socks>