



CHOOSING FOOTWEAR, SOCKS AND HOSIERY FOR SWOLLEN FEET

Cosyfeet
extra roomy

CHOOSING THE RIGHT FOOTWEAR FOR SWOLLEN FEET

If you have swollen feet, it's important that you choose appropriate footwear. Shoes that are too tight are not only uncomfortable but can restrict your circulation and worsen the swelling. They can also cut into soft tissues and cause injury to your skin.

CHOOSING THE RIGHT FIT

Look for footwear which has either been specially designed for swollen feet or is available in a wider fitting and offers more depth. You shouldn't have to buy a larger size to get the width you need.

CHOOSING THE RIGHT SOLE

- It is important to choose footwear which has a sole that is suitable for purpose. The main things to consider are weight and its ability to be modified if you need to have your footwear adapted. The sole should provide cushioning and protection for comfortable walking and enough grip to prevent slipping.
- One of the most commonly used sole materials is polyurethane. This material has been developed and improved in recent years and is lightweight, flexible and shock-absorbing. It is also highly durable.
- If you are less mobile or prone to falling, choose a style with a low heel and a wide base for stability.
- If you need your footwear to be adapted, ask the manufacturer which styles they recommend.

FITTING ORTHOTICS

Many of us wear orthotics as a treatment for a foot condition. For orthotics to work effectively, podiatrists recommend that footwear has the following features:

- Extra depth at the toes and the heel to allow the foot to fit comfortably into the shoe.
- An adjustable fastening to hold the foot securely in the shoe. Slip-on shoes are less suitable as they may press on the top of the foot when the orthotics are in place.
- A low heel of no more than 4cm (1½").
- Shoes with removable insoles have increased depth and are preferred by podiatrists when fitting orthotics.

CHOOSING THE RIGHT STYLE



Think about how easy a shoe is to get on and off. A style which opens down to the front is ideal.
Style shown: *Bart*



Heels should have a broad base and should be no greater than 4cm (1½").
Style shown: *Hettie*



Styles that have a soft, padded collar around the back of the heel and ankle give greater comfort as they don't cut into swelling.
Style shown: *Isabelle*



The simple, classic instep strap style is attractive and easy to put on and take off although for severe swelling it may not be suitable as the fluid can bulge through the opening below the strap.
Style shown: *Daisy-Mae*

Generally, slip-on styles are less suitable for swollen feet as they don't offer adjustment and can cut into your swelling and cause injury. However, if your swelling is minimal over your instep and getting shoes on and off is difficult, then they may be helpful.

If you have diabetes or very sensitive feet then look for shoes with minimal seaming.

SHOE-SHOPPING TIPS

It's important to choose the right time of day to try footwear on. Early morning is not ideal as your feet may only have moderate swelling and late in the day they are likely to be at their most swollen. It's best to try footwear on sometime around the middle of the day to get the most accurate fit.

Try on both shoes and walk a few steps to see if they pinch or rub.

If you wear support hosiery or orthotics make sure you wear them when you try shoes on.

CHOOSING THE RIGHT FASTENING

Choose a style that can be adjusted during the day to accommodate swelling.



< Touch-fastening styles are useful as you can alter the fit if your feet become more or less swollen. They are ideal if you are unable to tie laces easily. The position of the fastening is important. Make sure it is placed so that it doesn't cut into swollen insteps or ankles. Strap extensions are often available for touch-fastening styles. They lengthen the straps on the footwear which gives you more room to accommodate swelling.



< Lace styles give the most secure fit with plenty of support and adjustment.

CHOOSING THE RIGHT MATERIAL



Leather uppers offer the most protection and are hard-wearing. The amount of stretch in leather is limited so you need to ensure there is enough room in the shoe to accommodate swelling.

Fabric footwear is soft enough for the most sensitive feet but does not stretch so again, the shoe needs to be sufficiently wide and deep.



Stretchy fabrics such as Elastane are useful as they will stretch over swollen feet as well as bunions, bandaging and problem toes.

LOOK FOR LININGS THAT ARE MADE FROM BREATHABLE MATERIALS SUCH AS LEATHER TO KEEP YOUR FEET FRESH

WHAT TO LOOK FOR IN SLIPPERS

It's tempting to keep wearing the same, well-worn slippers but they may not give your foot enough support. When buying slippers look for ones that offer support around the heel and have a fastening to hold them securely on the foot. Alternatively, reserve a pair of comfortable, well-fitting shoes for indoor use.

SIMPLE ADVICE TO REDUCE SWELLING

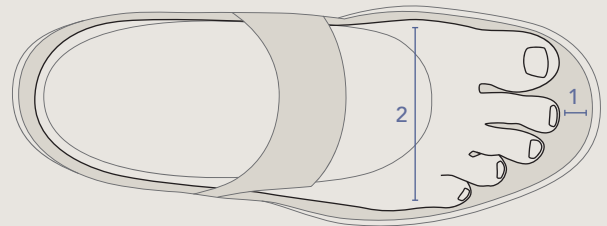
If you have swelling, try resting with your feet elevated for at least 20 minutes, preferably a couple of times a day. This will help to reduce pressure on your legs and encourage healthy blood flow. A foot stool, preferably adjustable in height, is ideal.



HOW TO KNOW IF YOUR FOOTWEAR FITS

IT'S A GOOD IDEA TO CHECK THE FOLLOWING TO ENSURE THAT THE SHOE WILL BE COMFORTABLE

1. Make sure there is 1cm (1/2") of space between your longest toe and the end of the shoe. You can check this by pressing the upper with your toes.



2. There should be enough width in the shoe to accommodate your whole foot. There should be no pressure on the joints on the side of your foot.



3. Make sure there is enough room to wiggle your toes.

4. Shoes shouldn't slip at the back. If your shoe slips when you walk, push your foot to the back of the shoe and then alter the laces or straps to improve the fit against your foot.

! A NOTE ABOUT DIABETES

If you have diabetes, it's advisable to wear shoes and socks with minimal seaming to avoid damage to your feet. Run your fingers inside any item before wearing, checking for anything that may harm. After buying new footwear, wear it for 2 hours at first, then inspect your feet for pressure marks or irritation. A hand mirror is useful, so you can examine your whole foot. Gradually build up the wearing time.

For more information, visit diabetes.org.uk

SOCKS & HOSIERY FOR SWOLLEN FEET & LEGS

WHY ARE SOCKS AND HOSIERY IMPORTANT?

Socks and hosiery can play a significant role in maintaining the health and well-being of your feet and legs. Wearing the correct type of socks or hosiery is just as important as wearing the correct shoes.

It's important that you don't go without socks or hosiery. Most footwear is designed to be worn with socks or hosiery because the skin builds up bacteria and sweat during the day which can then be washed away whereas a shoe lining can become unpleasant. Socks and hosiery also act as a barrier between the skin and shoe to help prevent hard skin and blisters forming which is important if you have circulation or diabetic concerns.

CHOOSING THE RIGHT SOCKS AND HOSIERY

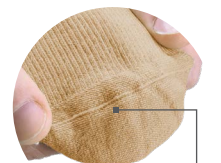
If you need footwear with more width and depth then it makes sense that you will need socks and hosiery with extra room.

If your socks and hosiery are leaving deep ridges on your legs then circulation may be inhibited which may make your swelling worse.

Swollen feet and legs require socks and hosiery that are extra roomy. Socks that are specially designed for swollen feet will have a wider heel and increased depth over the instep to accommodate the swelling as well as more width in the leg.

Look for socks that feature a non-restrictive top which stays up without putting pressure on your calves. This will prevent pinching and digging-in and help maintain good circulation. Hosiery should have tops which hold them gently in place without leaving red marks or restricting circulation.

If you have diabetes or vulnerable feet, it's important that you look for socks that have a smooth toe-seam to prevent damaging your feet. It's always a good idea to check inside the sock to see if there is anything that might rub or irritate.



A smooth toe-seam
won't rub or irritate

Style shown: *Cotton-rich Softhold® Seam-free*

If your feet and legs are very swollen, Cosyfeet offer a Fuller Fitting Sock and a Softhold® Ultra-roomy Knee High. They are exceptionally roomy and easy to get on and off swollen feet and legs.

Style shown:
Fuller Fitting Socks



Style shown:
Softhold® Ultra-roomy Knee Highs

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