

Footwear for the Diabetic Foot

Your shoes are a medical treatment, not an accessory

WHAT A GOOD DIABETIC SHOE HAS

A wide, deep, rounded toe box — your toes must lie flat and spread naturally, with about a thumb's width beyond the longest toe.

Soft, seamless lining — run your hand inside: any seam, stitch or ridge will eventually cause an ulcer.

A soft cushioned insole — MCR (microcellular rubber) or a custom-moulded insole if we have prescribed one.

A firm sole with a slight rocker to spread the pressure while walking.

Adjustable fastening — laces or Velcro straps, so the fit can be adjusted as the foot swells through the day.

A closed heel and closed toe for outdoor use.

AVOID COMPLETELY

Walking barefoot, indoors or out · **chappals with a thong between the toes** — the strap rubs and ulcerates · **pointed or narrow shoes** · **high heels** — they throw all the weight onto the forefoot · **hard plastic or rubber footwear** · open sandals outdoors · anyone else's shoes · tight or elasticated socks

Buying and wearing them

- **Buy shoes in the evening**, when your feet are at their largest.
- **Have both feet measured** each time — feet change shape with diabetes, and the two are often different sizes. Buy for the larger foot.
- **Never rely on "they will loosen up."** A new shoe must be comfortable immediately.
- **Break new shoes in slowly** — one hour on the first day, increasing gradually, checking your feet each time you take them off.
- **Shake out and feel inside both shoes** before every wear — a small stone or a folded sock can cause an ulcer you will not feel.
- Wear **clean, soft, seamless cotton socks**, changed daily. Light-coloured socks show any discharge early.
- Keep a **separate soft pair for indoor use** so you never need to walk barefoot at home.

IF YOU HAVE HAD AN ULCER OR AN AMPUTATION BEFORE

You need **custom-made footwear with a moulded insole** — ordinary shoes are not enough, and the risk of another ulcer is high. Please ask us for a referral. Replace insoles every 6 months and shoes yearly, or sooner if worn.

Search: diabetic footwear, MCR chappal, shoes for diabetes, offloading, insole

