

Hints and Tips for putting on footwear

General

- > You may find it helpful to sit down whilst putting on or taking off your footwear.
- > It might be easier if you sit in a firm chair such as a dining room chair or a higher seat such as a stable bar stool.
- > You may also find it helpful to rest your foot on a small footstall when putting on footwear.
- > Instead of bending down to reach your feet, try to bring your feet nearer to you by resting your foot up on the opposite knee.
- > If you have a medical condition that could or does affect your feet, it is advisable for you to arrange to see a Podiatrist to ensure that you are using the correct footwear. This could avoid making your condition worse.
- > If you are using a shoe horn take it through between your knees instead of outside your body as it makes it easier to maintain your balance.
- > If you have had a recent hip replacement, you may find a long handled shoe horn helpful as they allow you to remain sitting upright whilst putting on your footwear.
- > If you use a shoe horn, store it in a handy location which is easy to reach when you want to put on your footwear.
- > You may find elastic shoe laces helpful, we recommend that you get a friend or helper to assist you with fitting them as they can be difficult to thread through. Elastic shoe laces will provide you with some 'give' with your shoes but if you have swelling in your feet you may find that your shoes still become tight especially towards the end of the day.
- > Although elastic shoe laces can be helpful, the tongue of the shoe still has to be pulled into position. You may find slip on shoes easier to manage.