



Fall Free Friday

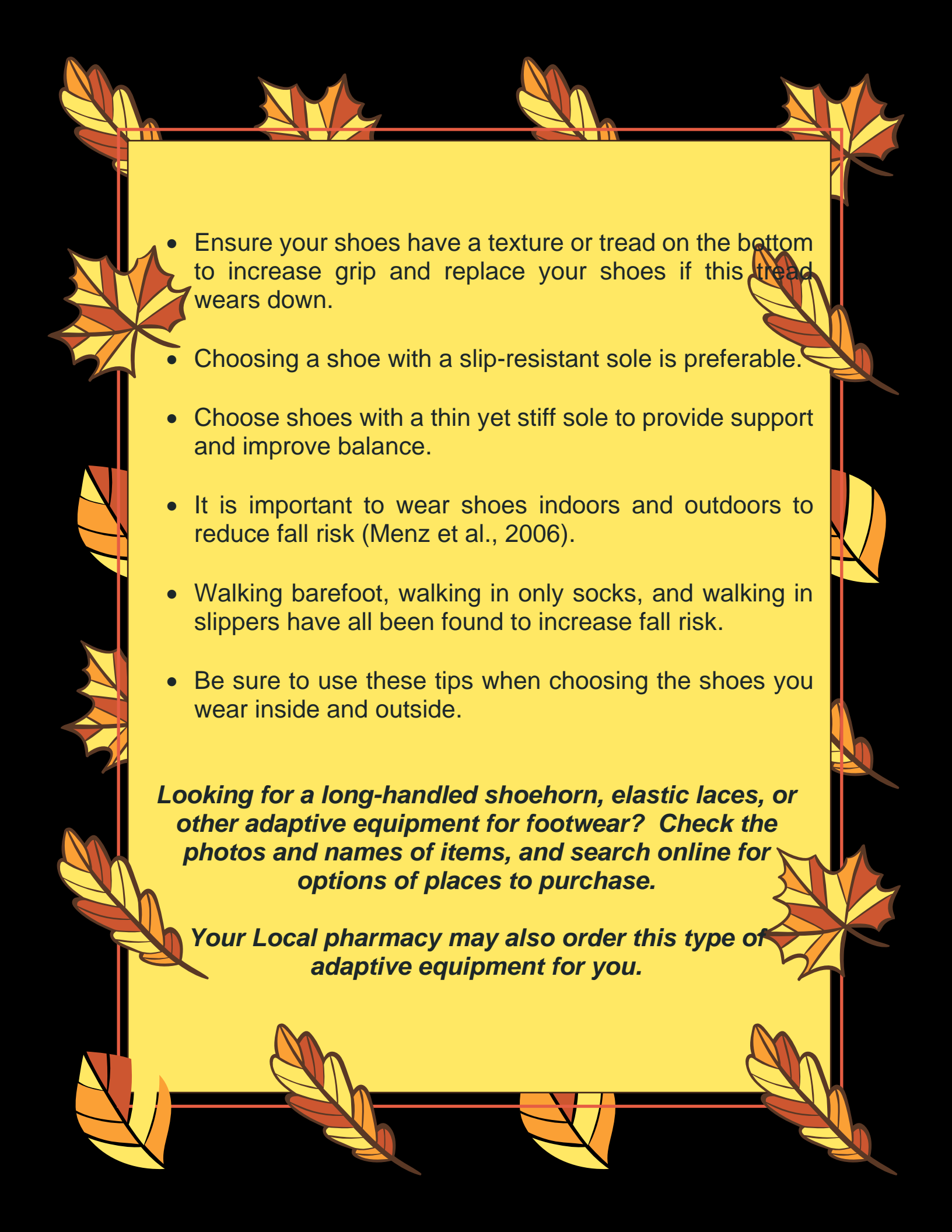
What's on Your Feet Matters!

10/2/20

10:00am

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LIVE**

- Choosing the right shoe can make you more stable and reduce your risk of falling (Menant et al., 2008).
- Choose a shoe with secure fasteners such as laces, Velcro, or zippers to keep your foot in place.
- Limit the height of the heel on your shoes to improve stability and posture.
- Make sure your shoe fits well. Wearing the wrong sized shoe can be uncomfortable and allow your foot to move around in the shoe.

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- Ensure your shoes have a texture or tread on the bottom to increase grip and replace your shoes if this tread wears down.
 - Choosing a shoe with a slip-resistant sole is preferable.
 - Choose shoes with a thin yet stiff sole to provide support and improve balance.
 - It is important to wear shoes indoors and outdoors to reduce fall risk (Menz et al., 2006).
 - Walking barefoot, walking in only socks, and walking in slippers have all been found to increase fall risk.
 - Be sure to use these tips when choosing the shoes you wear inside and outside.

Looking for a long-handled shoehorn, elastic laces, or other adaptive equipment for footwear? Check the photos and names of items, and search online for options of places to purchase.

Your Local pharmacy may also order this type of adaptive equipment for you.



Long Handled Shoehorn
Used to more easily slide your foot into your shoe without having to bend down as far

Shoe Button
These are placed in one or two of the lace holes in your shoe and allows you to keep your laces tied and slip the knot over the button to fasten the shoe



Elastic Shoelaces
Replacing your standard shoelaces with these stretchy laces allows you to tighten your shoes appropriately while still allowing you to easily slip them on and off

