



## Shoe Fitting

Stores that sell footwear and have attained the HFG mark are very likely to have staff available who can offer help and advice to ensure the footwear fits correctly. If you are purchasing footwear by mail order and the purchaser is receiving treatment or advice from a foot care specialist, such as a Podiatrist, it is strongly recommended that purchasers take the footwear along to an appointment before they are worn for advice on fit and quality. If the footwear is considered unsuitable by the specialist, they can be returned and an alternative or refund obtained.



Ensure both shoes are on, correctly fastened and weight evenly distributed on both feet. It is advisable to ask a friend or family member to help



There must be a minimum of 6mm, preferably 10mm, in front of the longest toe



If the purchaser uses any form of insert (orthoses) inside the footwear these must be in place before the fit assessment is conducted



The natural shape of the footwear forepart should not be distorted by the foot. This may indicate pressure on the top or side of the toe and toe joints



When drawing a thumb or finger across the forepart of the footwear there should be a slight rippling of the material but not a significant crease that would indicate the shoe is too wide



The toplines of the footwear should be neatly against the sides of the feet with no pressure on bony protrusions such as the ankle bone or the top of the heel curve



Elasticated gussets or laces must be under some tension to grip the foot but not fully stretched



The fastening must grip the foot and allow further adjustment if required

## When walking check that:

1. The shoe grips the foot and does not slip
2. The sole flexes easily in the forepart
3. The heel provides a stable platform
4. The outsole does not slip on the surfaces the wearer will normally be walking on
5. The upper material flexes with the foot and returns to its original shape
6. No pinching or pressure is felt by the wearer whilst walking