

Diabetic footwear advice



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This leaflet gives advice about wearing the most appropriate shoes, taking into account the shape of the feet and diabetes. Unsuitable shoes or shoes that don't fit properly are the most common cause of foot problems in people with diabetes.

Types of shoes

A well-fitting soft leather shoe, boot or trainer with a wide, stable heel (up to three centimetres) that fastens with a lace, velcro or a strap will help to keep feet firmly in place, which will help prevent rubbing. Ensure shoes are long enough, deep enough and wide enough for the feet so the toes are not constricted.

Avoid slip-on shoes, backless or sling-backed shoes and slippers as they give less support.

Signs of wear and tear

Check the shoes for signs of wear, such as rough edges in seams or linings, and worn soles or heels. Always check the shoes are in good condition and replace them whenever there are signs of wear and tear that can't be repaired.

Socks, stockings and tights

Change your socks, stockings or tights daily. All hosiery should be the right size for the feet. They should not have bulky seams and should be worn inside out, as this prevents irritation. To prevent pressure they should not have tight elasticated tops.

Check your feet and shoes

Diabetes can sometimes cause the feet to become numb (known as neuropathy). If you have neuropathy, you may not be able to feel shoes rubbing or a 'foreign object' in your shoe. Therefore, every day and every time you remove your shoes, socks, stockings or tights, look for any redness or blisters.

Check the bottom of the shoes before putting them on to make sure that nothing sharp has pierced the outer sole. Look inside each shoe for small objects and check that the insides are not worn and/or creased.

The shape of your feet

Feet can change shape over time. So, when buying new shoes, always check their fit carefully, especially if you have neuropathy.

Buying new shoes

Get feet measured and new shoes fitted properly. Neuropathy increases your risk of falls so leather shoes that fasten with velcro, laces or buckles are recommended. Always try on both shoes before buying.



Most people's feet are slightly different sizes. Wear new shoes around the house for short periods (20 minutes) and then check the feet. Look for problems such as redness caused by rubbing or pressure.

Hospital shoes

If you are supplied with shoes they should be the only shoes worn, with the insoles provided as an important part of footwear.

If you notice any wear to the shoes, you should contact your orthotist.

Individual advice

Podiatry Foot Protection Services
Cantley Health Centre
Middleham Road, Cantley
Doncaster DN4 6ED

Tel 03000 211 550

Further information is available online:

www.rdash.nhs.uk/services/podiatry-foot-protection/

www.rcpod.org.uk

www.diabetes.org.uk

If you would like this in large print, braille or on audiotape or would like this document in an alternative language, please contact the Patient Advice and Liaison Service on 0800 015 4334.

Amharic

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Arabic

إذا أردت الحصول على هذه الوثيقة بالخط الكبير أو برايل أو على هيئة شريط صوتي أو مترجمة إلى لغة بديلة فيرجي الإتصال بخدمة التنسق ونصيحة المريض . 0800 015 4334 Patient Advice and Liaison Service على رقم الهاتف

Bengali

আপনি যদি এটা বড় অক্ষরের ছাপায়, টেক্সিল-এ, বা কানে শোনার টেইপ-এ পেতে চান অথবা আপনি যদি এই কাগজটা অন্য কোন ভাষায় পেতে চান, তাহলে দয়া করে 0800 015 4334 নম্বরে পেশেন্ট এ্যাডভাইস এন্ড লিয়েজ সার্ভিসের সাথে যোগাযোগ করবেন।

Cantonese (traditional Chinese)

如果你希望本文件是采用大字印刷、盲文或录音磁带等格式，或者希望本文件是使用其它的语言，请联络病患建议与联络服务（Patient Advice and Liaison Service），电话号码：0800 015 4334。

Czech

Pokud byste chtěli dokument psaný většími písmeny, brailovým písmem nebo na zvukové kazetě nebo v jiném jazyku, prosím, kontaktujte poradenskou službu pacientů na tel. 0800 015 4334.

Farsi

در صورت تمایل به داشتن این سند به نسخه ای با چاپ درشت تر، به خط بربل یا نسخه صوتی، و یا به زبانی دیگر، اطلاع با دفتر خدمات مشاوره و هماهنگی بیماران به شماره ۰۸۰۰۰۱۵۴۳۳۴ تماس حاصل نمایید.

French

Si vous désirez ce document en gros caractères, en braille, enregistré sur cassette audio ou dans une autre langue, veuillez contacter le service de conseils et liaison des patients [Patients Advice and Liaison Service] au 0800 015 4334.

Kurdish Sorani

نەگەر نام زانباریانە بە چاپی گەورە، برايەل یان لەمسىر شىرىتى دەخوازىت بىخۇد نەم بەلگەنەنەمەي بە زەنگىن دىكە دەخوازىت، تىكايە پىيۇندى بىكە بە خەزمەتگۈزۈر ئىتىمەتلىقى ھانوئەنگى تەخۇشىمە بە ۰۸۰۰۰۱۵۴۳۳۴.

Polish

Jeżeli dokument wymagany jest w wersji drukowanej dużą czcionką lub alfabetem Braille'a, na kasecie audio lub w innym języku, prosimy o kontakt z zespołem ds. kontaktów z pacjentami (Patient Advice and Liaison Service) pod numerem telefonu 0800 015 4334.

Punjabi

ਜੇ ਤੁਸੀਂ ਇਸ ਨੂੰ ਵੱਡੀ ਛਾਪੀ, ਬ੍ਰੇਲੀ ਜਾਂ ਸੁਣਨ ਵਾਲੀ ਵੇਖ ਤੇ ਚੁਣੌਟੇ ਹੋ ਜਾ ਇਸ ਦਾਤਾਵੇਜ਼ ਨੂੰ ਹੋਰ ਭਾਸਾ ਵਿੱਚ ਚੁਣੌਟੇ ਹੋ, ਤਾਂ ਜਿਉਧਾ ਕਰਕੇ ਮਹੀਨੀ ਸਲਹਾਂ ਅਤੇ ਤਾਜ-ਮੰਨ ਸੇਵਾ (Patient Advice and Liaison Service) ਨਾਲ 0800 015 4334 ਤੋਂ ਸੰਪਰਕ ਕਰੋ।

Somali

Haddii aad jeelaan lahayd in aad kan hesho far waaweyn, farta braille ee dadka indhaha la' ama cajalad dhegeysi ah ama haddii kan jeelaan lahayd in aad dukumeentigan ku hesho luqad kale, fadlan Adeegga Talobixinta iyo Xiriirinta ee Bukaanleyda (Patient Advice and Liaison Service) kala soo xiriir lambarka 0800 015 4334.

Turkish

Bu belgeyi büyük yazı, braille (kör alfabesi) veya ses kaydi olarak veya başka bir dilde almak istiyorsanız, lütfen 0800 015 4334 no.lu telefondan Hasta Danışmanlık ve İrtibat Hizmetleri ile bağlantıya geçiniz.

Urdu

اگر کچھ بڑی چھپی، بریلی میں یا صوتی پیپر حاصل کرنا چاہیں یا یہ دستاں پر کسی تبلیغ زبان میں چاہیں تو اسے کم پیش ایڈ و اس اینڈ لیز ان سروس سے 0800 015 4334 پر اپلے کریں۔

Vietnamese

Nếu muốn có tài liệu này dưới dạng in chữ cỡ lớn hơn, chữ nổi braille hay băng ghi âm, hoặc băng một ngôn ngữ khác, xin quý vị liên hệ bộ phận Dịch vụ Tư vấn và Liên lạc với Bệnh nhân theo số 0800 015 4334.

This information is correct at the time of publishing

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