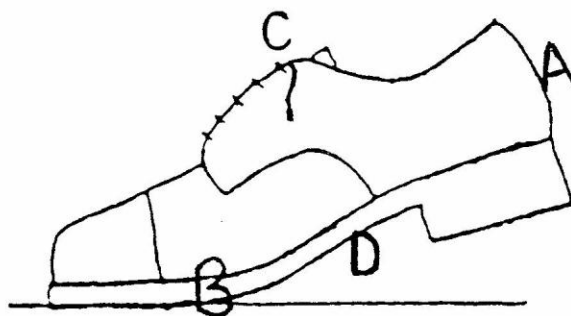


FOOTWEAR

A good shoe is indicated by its features. The features of a good shoe are:

- Flat – low heels.
- Ample room in the toe box.
- Strong heel counters (A)
- Soles which are flexible across the ball of the foot (B)
- Laces or straps which hold the shoe to the foot well (C)
- Firm shank (D)
- Uppers made of natural fibres such as leather.



Shoes with the above features should be worn for everyday wear. Court shoes or slip-ons are not good shoes for your feet. They can still be worn, but it is advisable to limit their use to special occasions.

For those who have problem feet, e.g. deformity as a result of arthritis, there are specialty shops which can assist with correct fitting of footwear. Ask your podiatrist for advice in relation to this.

Remember – a good shoe is one which is comfortable, protective and supportive for your feet, the cost or brand of a shoe does not necessarily indicate if they are good or bad for you.