



CALL (08) 8562 1700



As it's Foot Health Month let's talk about footwear!

Your footwear can have a negative impact on your feet if they aren't right for you. It can cause problems such as blisters, callus, corns, painful and achy feet. To prevent any of these issues from happening to you, having your footwear properly fitted is a priority. There are multiple factors to consider when buying appropriate shoes.

The length, width and depth of the shoes are most important to ensure that there is minimal chance of blisters and damage to your toes. The outer-sole helps to grip you to the surface you're walking on and prevents any slipping or falling on flat and uneven surfaces. The innersole helps to cushion the feet and reduce the amount of shock absorption by the feet. Support is necessary to align the foot correctly to allow the muscles work more efficiently and reduce the likelihood of aches and pains occurring.

If you have footwear that you aren't sure about, bring them in to see us and we can give you advice on whether they will or won't be suitable for your feet. If you are seeking new footwear we can either provide you with something in our clinic that is suitable or point you in the right direction of where to get the right shoes for you.

