

Shoes that support and protect your feet are recommended. Shoes should:

- completely enclose the feet
- be longer than the longest toe by 1 to 2 cm when standing
- be deep enough to allow toes to move freely, avoiding pressure on the front of the foot
- be wide enough to accommodate the foot shape
- have a heel height of less than 2.5 cm
- have laces or adjustable straps that fasten the shoe securely to the foot; the foot should not slide within the shoe
- be made of comfortable material (eg leather) that lets the feet breathe
- not have seams on the inside
- be reviewed (preferably by your healthcare provider) and replaced regularly.

Wear seamless cotton socks to avoid friction and absorb moisture. Change socks daily.

Footwear may need to be different if you have a foot wound—check with your healthcare provider.

Doctor's contact details: