

Check List for the Healthy and Comfort of the Diabetic Foot

Best Time to Shop

1. You may want to shop for shoes in the afternoon, when your feet are at their largest, to ensure a good fit throughout the day.

Get Your Feet Measured Regularly

1. The size of your feet changes from year to year.
2. No two feet are the same.
3. Have both feet measured by an experienced shoe fitter and choose the size to fit your larger foot.
4. Inform the shoe fitter of your special shoe needs.
5. Your goal must be to wear the best fitting shoe suitable for your feet.

Trying on Shoes

1. Stand and make sure there is enough space, approximately 3/8" beyond the longest toe.
2. Try on shoes with the type of sock you expect to wear with them, as sock thickness will affect the fit.
3. Check that the shoe toe box is high and broad enough for extra wiggle room of toes, also check for pinching across the bunions, and that the heel feels snug, the shoes should have no rough inseams inside.

No Break in Period Needed

1. The shoe should be comfortable from the time you put it on.
2. Don't expect the shoe to stretch to fit later.

If You Experience Loss of Feeling

1. You may not be able to select the shoe by how it feels on your foot, or by the marked size. Whenever possible ask for an experienced shoe fitter to fit you in your shoes.
2. Once you buy shoes, let your diabetes caregiver examine the fit of your shoes (Remember that tight and improperly fitted shoes can cause problems due to poor circulation, nerve-damage, and loss of sensitivity.)

Healthy Feet

1. Wearing comfortable, good-fitting shoes is the most important thing you can do to take care of your feet.
2. Everyday, check shoes before putting them on. A foreign object can unknowingly cause sores, cuts, bunions, and calluses due to constant rubbing pressure.
3. Everyday, check your feet daily for irritation, sores, blisters, etc. The sooner you notice something out of the ordinary, seek treatment quickly to help prevent a devastating outcome.
4. Clean your feet regularly and dry between the toes. If using lotion do not place it between the toes. Keep between the toes dry. Changing your socks and keep your feet warm and dry daily.
5. Protecting your feet by never going barefoot