

Our Shoes

We have a stock of Vionic trainers, ladies and mens slippers and our own brand of Help4feet sandals for the Summer months.

You can take away a Wider Fit that has a wide range of different styles all coming in a variety of colours and widths. We also have a catalogue for Dr Comfort shoes where selected styles are available for us to order.

Once you have chosen a shoe, they can be measured, ordered and fitted for you. If you would like advice on the best kind of shoe to buy one of our Podiatrists can help you.

Your shoe fitting experience here at Walsh Podiatry:

- Guidance when choosing a shoe from our catalogue
- Measuring to determine both the length and width of your foot
- Ordering the chosen shoe in the appropriate size and width
- A fitting appointment when the shoe arrives
- Advice on other footwear suppliers if needed

More Specialist Footwear suppliers

If we cannot help you find the right shoe from the ones we have available there are several more specialist footwear suppliers that we can recommend:

ShoeMed – Stratford (see separate leaflet)
01789 299103

Richards Shoes – Kings Norton
0121 459 0148

Banks' – Erdington
0121 373 5450

Hopkins – Wylde Green
0121 373 7873

SPECIALIST FOOTWEAR:

For bunions: Calla Shoes or Sole Bliss Shoes
(www.callashoes.co.uk , www.solebliss.com)



329 Chester Road,
Castle Bromwich
B36 0JG
0121 749 6313

Footwear

It is important to make sure that you are wearing the most suitable shoes for your feet. Wearing the wrong shoes may lead to problems with your feet. Statistics show that 60% of people wear the wrong size shoes.

What are the key features in the ideal everyday shoe?

The everyday shoe should be:

- Wide enough for your feet
- Deep toe box
- Fastenings - either a lace / strap
- Firm Heel Counter
- Thick sole
- Nothing too flat / too high - ideally no more than 1 inch in height
- Ideally leather

*If going for a sandal in the summer - nothing too flat or rigid, ideally something with some arch support.

Vionic Or Strive*

When Podiatrists talk about wide footwear, the shoe should be **as wide as your foot**. If you have a wider foot (or bunions) then a wider shoe will be needed to accommodate this. Wearing a shoe too narrow encourages the toes to push together which can lead to corns/callus in-between toes or on the outside edge of the foot.

A **deeper toe box** prevents pressure / rubbing on the tops of your toes. If you have hammer / claw toes it is important to wear a shoe with a deeper toe box or one that has soft material on top to accommodate them.

Wearing a shoe too shallow can put pressure on these joints and lead to corns or calluses. If you are struggling getting a shoe deep enough, shoes with elastic uppers will allow the area to stretch, putting less pressure on the toes. A shoe with a deep toe box is also important to accommodate to any orthotics you may have.



Wearing a shoe with **a strap or a lace** helps to give your foot more support. A slip-on shoe allows your feet to move around the shoe when you walk, this means muscles around your feet must work harder to stabilise you which may lead to strains. Also, a slip on shoe causes your toes to claw to help keep the shoe on your foot. Overtime this can lead to permanent clawing of the toes. Also, wearing a slip-on shoe can lead to friction which can cause callus. A shoe with a strap or lace can also accommodate a swollen foot as it can be adjusted as needed.



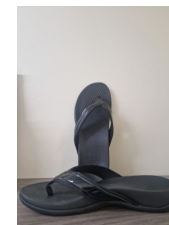
A **firm heel counter** allows for less flexibility in the footwear. A more flexible shoe tends to give less support to the foot.

It is important to choose a shoe with a **thick sole** as this provides shock absorption for us when walking. It also helps to protect your feet from sharp objects that may easily pierce a thinner soled shoe.



High heeled shoes will put more pressure on the forefoot, wearing a very flat shoe can be just as damaging. Wearing a very flat shoe will put more strain on the muscles in your feet and the muscles in the back of your legs (your calf muscles) and may lead to aches, cramping and even strains. **A shoe no more than an inch in height, but not flat is usually recommended.** This will help to take the strain away from these areas. Most people find a shoe with a slight heel is more comfortable.

Wearing a shoe **made from leather** allows air to pass through the material so your feet can breathe. This helps to prevent your feet from sweating too much. If your feet sweat too much this can lead to splits in the skin or fungal infections on the skin.



Finding a sandal in the summer can be tricky. The key is to not go for anything too flat. Ideally a shoe with **strapping and an arch support** is ideal to help give your feet the most support.