

# Put Your Best Foot Forward: Shoes and Falling



*Your choice of footwear can decrease your risk for falls!*



## *Do's*

- Wear shoes with a firm sole and interior.
- Wear “walking shoes.”
- Buy shoes late in the day when your feet may be larger due to swelling.
- Choose “high-collar” shoes if possible.
- Limit your time walking barefoot.
- Avoid shoes with soft soles. Shoes with soft soles and interiors, such as athletic shoes, may provide too much “sway” and may not promote good balance.

## *Don'ts*

- Avoid typical house slippers, especially the “flip-flop” variety or those without heel support.
- Avoid high heels (over 1 inch).

