

# How to choose shoes to prevent falls



## Recommendations to choose the right shoes. It's important to read it when you go to buy shoes.

The heel cup (shoe counter) is deep enough to support the foot and prevent heel slipping.

The heel should be no more than 3/8 inch (1 cm) high.

The heel is wide and flat to provide better stability.

For better stability, the midsole shouldn't be thicker than 1 inch (2.54 cm).

For ultimate comfort and room for foot swelling, several adjustments exist: velcro fastening, elastic laces or lateral elastic bands.

The toe should be rounded and wide enough to allow toes to move.

The shoe length shouldn't be more than 1/4 inch (0.64 cm) longer than the longest toe.

The outsole should provide good grip, without sticking carpets.



## Stay independent. Avoid falls!