

*Give your  
shoes the  
finger.*



*We're all about  
keeping your feet  
on your legs.*

  
orthotics

# Did you know that ill fitting shoes can lead to major foot issues?

*So, does your shoe fit?*



## Measure for length.

With your toes at the front, can you insert a finger at the back of your shoe?

## Check width at widest part.

Ensure you can almost move your foot side to side.



## Test toe space.

From standing, can you lift your big toe?

## The pinch test.

How much sole has your shoe got?



## Point of sale test.

Check for excess glue, lining failures, or any potential pressure points before buying.

***Prevention is a positive cure.***

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***Mother  
knows  
best.***



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# Did you know that dirty feet can lead to serious infection?

*Look after them, and they'll take you anywhere.*



## Clean your feet.

Wash, dry, and moisturise every single day.

## Check your feet.

Are there any bumps, bruises, blisters or sharp nails?



## Wear socks.

Nobody likes smelly feet, keep the dirt out and the sweat to a minimum.

## Wear shoes that fit properly.

Check for length, width, and toe space.



## Do up your shoes.

Whether you have laces or velcro, do them up properly for full support.

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*Where  
did you  
get your  
shoes  
from?*



Borrowed? Bought? Bargain?

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## Value doesn't matter, correct measurement does.

*So, are your shoes fit for purpose?*



### Measure for length.

Don't rely on shoe size, always fit the biggest foot correctly.

### Check width at widest part.

Ensure you can almost move your foot side to side.



### Test toe space.

From standing, can you lift your big toe?

### The pinch test.

How much sole has your shoe got?



### The wear test.

Check for excess glue, lining failures, or any potential pressure points, before wearing.

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# *What's wide and deep, and fits big feet?*

- A public pool
- A properly measured shoe
- A river

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# Don't buy longer shoes to get more width.

*It's a small feat, to fit big feet.*

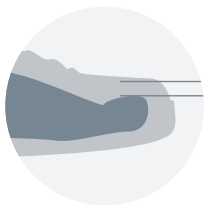


## Measure for length.

Don't rely on shoe size, always fit the biggest foot correctly.

## Check width at widest part.

Ensure you can almost move your foot side to side.



## Test toe space.

From standing, can you lift your big toe?

## The pinch test.

How much sole has your shoe got?



## Point of sale test.

Check for excess glue, lining failures, or potential pressure points. Increase width not length for fit.

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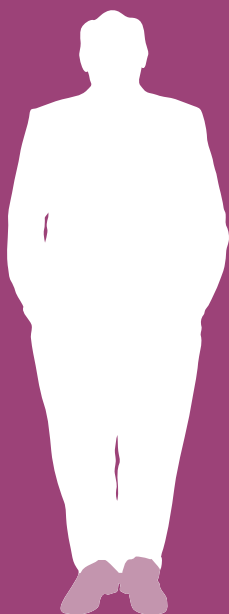
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*I can't see  
my feet.*



I'll check yours, if you  
check mine.

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# Big, small, short, or tall, one measurement doesn't fit them all.

*Help your loved ones inspect their feet.*



## Are they cleaned regularly?

Can they wash, dry, and moisturise their feet themselves?

## Can you see any changes?

Nails with sharp edges or infection can lead to serious issues.



## Are there any bumps, bruises or blisters?

Are their shoes the wrong size, or poorly made?

## Do their shoes fit properly?

Check for length, width, and toe space.



## Can they tie their shoes themselves?

Fitted slip ons or velcro laces can make great alternatives.

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*If you think you  
have problems  
with your feet,  
you probably  
have.*



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# The best place for your feet is on your legs.

*So look after them.*



## Clean your feet.

Wash, dry, and moisturise every single day.

## Check your feet.

Are there any bumps, bruises, or blisters?



## Look for changes.

Nails with sharp edges or infection can lead to serious issues.

## Wear shoes that fit properly.

Check for length, width, and toe space.



## Do up your shoes.

Whether you have laces or velcro, do them up properly for full support.

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***Safety  
shoes don't  
necessarily  
save your  
feet.***



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## Do you wear workboots or gumboots all day?

*You could be killing your feet.*



### Does your footwear fit properly?

Measure for length, width, and toe space.

### Do they rub and cause abrasions?

Are there any bumps, bruises, or blisters?



### Do your feet feel tired?

Are the soles flat, with little flexibility?

### Look for changes.

Nails with sharp edges or infection can lead to serious issues.



### Can your feet breathe?

Or are they sweaty and smelly at the end of the day?

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