

### Patient advice and liaison service (PALS)

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If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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## Footwear Walking or Running

### A patient's guide



## A supportive shoe for running or walking

Laces are adjustable meaning the shoe can be tightened as needed

Enough width/length, give your toes and forefoot enough space



Supportive heel counter, if you can collapse the heel with your finger the shoe isn't supporting you

The shoe should only bend where your foot bends (here) and a well-padded sole will keep you comfortable

## Other useful information

- The lighter the running shoe the better
- A removable insole will help fit an orthotic
- If you've been given a 'short' (3/4 length) orthotic you could fit this beneath the existing insole, which will help keep it in place
- Some running shoe brands sell their running shoes in a range of widths
- Some dedicated running shops will allow you to try trainers on using a treadmill in the store
- Outdoor shops are useful for walking boots/trainers, they're generally less clumpy and much lighter these days. Making them a good option for winter.