

# What shoe should I wear?

To help support your walking, it's important to choose footwear that supports your feet.

## Choose shoes that:

- have a firm heel
- have a flexible sole that can bend, but do not twist
- high sides for support
- can be fastened -- like velcro, laces or a buckle
- have a wide toe box.



## Avoid shoes that:

- have thin, hard soles
- have low sides and shallow support
- have collapsible or high heel
- can slip off easily – like Crocs, plimsoles or other slip-on shoes
- have no backs – like flip flops or some sandals.



Remember, shoes should be comfortable from the start, they should rarely have to be broken in for comfort.

