

## Fall Prevention

- ★ Get an annual physical and eye examination.
- ★ Participate in an exercise program for strength, balance and co-ordination.
- ★ Eliminate all tripping hazards in your home, install grab bars, handrails and safety devices.
- ★ Tie your laces or use velcro fasteners.
- ★ Replace slippers that have stretched out of shape and are too loose.
- ★ Never walk in stocking feet.
- ★ Consider talking to the medical team about enrolling in the “Lifeline” Program.

We hope that these points have been beneficial and will aid in your stay with us.

If you have any questions or concerns, please do not hesitate to contact the Physiotherapy Department.

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## FOOTWEAR

AND

FALLS



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Everyone at the North Simcoe Hospital Alliance wishes that your stay with us is comfortable. Your safety is important to us. Here are a few valuable tips on proper footwear and fall prevention that you will find helpful. If you have any further questions, please feel free to ask your medical team, i.e. Nurse or Physiotherapy Department. The primary purpose of shoes and slippers is to protect your feet and prevent injury. In order to do so they must fit well. Poorly fitted slippers/shoes can cause discomfort and injury.

- ✧ Ask a family member or friend to bring in a good pair of slippers or walking shoes.
- ✧ Wear properly fitting sturdy shoes that will provide support. Ensure your shoes and slippers have a non-skid sole. NO knitted slippers.
- ✧ Shoes with laces are safer than slips-ons, but keep the lace tied. Loose or long laces can cause you to fall. People unable to tie laces can select footwear with velcro fasteners.
- ✧ If you have trouble putting on your shoes, try using a long-handled shoehorn, which can be borrowed from the Physiotherapy Department.
- ✧ Never walk in stocking feet.
- ✧ Keep toenails trimmed.



## RECOMMENDATIONS FOR FOOTWEAR

- ❖ Because swelling during the course of the day can enlarge your feet, have your feet measured at the end of the day.
- ❖ Shoes should be fitted carefully to your heel as well as your toes. Check to make sure your heel does not slip out of the back of the shoe.
- ❖ Have your foot measured regularly. Their size may change as you grow older.
- ❖ If one of your feet is considerably larger than the other, an insole can be added to the smaller one.
- ❖ Select a shoe that conforms as closely as possible to the shape of your foot. The key ingredient is that well-fitted shoes will reduce blisters and other skin irritations.
- ❖ Low-heeled shoes (1 inch or lower) with a wide toe box are the ideal choice for women. Women who cannot find wide shoes for a proper fit should try men's shoes because they are generally wider.

