



Locally available footwear for swollen or wider fitting feet



When purchasing, look for footwear/slippers that:

- have a secure fastening over the top of the foot e.g. lace or Velcro.
- are long enough (the toes should not be squashed against the end of the shoe).
- are wide enough and not tight across the foot, especially across the toes.
- are deep enough in the toe area (particularly if you have corns or hard skin on the toes).
- have a thick sole (for cushioning / shock absorption).
- are comfortable for you.

Also remember that you should:

- make sure your toes are not pressing against the top of the shoe (you can consider a shoe with a neoprene cover over the toes which will reduce the pressure on them).
- avoid footwear which feels hard or ridged under the heel (press down on the inner heel area with your hand to check this before trying them on).

Shoe/Slipper suppliers for wider/swollen feet:

The selection of footwear pictured above, for wider or swollen feet, is available in Stornoway.

Disclaimer

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