

Dangerous shoes!

There's a killer lurking in your closet!

They may not look DANGEROUS, but YOUR SHOES could be your downfall!

It sounds ridiculous when you first hear it, but your shoes could be killing you.

The fact is, wearing an unsafe pair of shoes or slippers is how far too many people fall and hurt themselves. And falling is the leading cause of accidental death for those over 65.

It is really a serious problem. The most common cause of falling is the one you would least expect. It's walking, on a flat floor, in your own home.

If you fall wearing the wrong pair of shoes, you'll be six times more likely to fracture your hip. Unfortunately, broken hips are often the first step to winding up in the nursing home.

OK, enough of the problem. So what kind of shoes should you wear?

Here's what to look for

- Shoes should be firmly fastened. Custom elastic laces or Velcro closings are a good choice.
- Shoes should have a non-skid sole. Slippery leather soles and rubber soles that grab unexpectedly should be avoided.
- Shoes should contain enough room so that toes can lie flat and straight.
- Fabric or leather shoes should surround the entire foot for adequate support.

In other words, bare feet, stocking feet, slippers, sandals, high heels, are **out**, while "walking" tennis shoes, oxfords, and walking shoes with non-slip soles are **in**.

A shoe must be firm in the middle or "midfoot" and have a stiff heel counter to qualify as a motion control shoe. A Shoe should not twist or flex at the "midfoot"

Mark Reeves, DPM

1. Torsion Rigidity

Grasp behind the heel and underneath the forefoot and twist



"Bad"
Excessive Torsion/Twist in Midfoot



"Good"
No Torsion/Twist in Midfoot



2. Heel Counter Rigidity

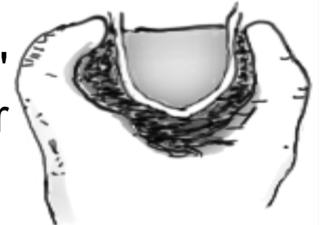
Grasp just above midsole and squeeze



"Bad"
Soft Heel Counter



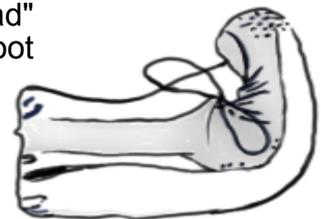
"Good"
Rigid Heel Counter



3. Flexion Stability

Grasp shoe and bend from forefoot to rearfoot

"Bad"
Flexion in Midfoot



"Good"
Flexion in Midfoot



Bellevue

15015 Main St.
625-653-2329

Everett

1203 SE Everett Mall Way
425-348-7306

Federal Way

31653 Pacific Hwy S
253-946-3400

Seattle

701 Madison St.
206-264-0925

Shoreline

20128 Ballinger Way NE
206-957-0488

Tacoma

4027 Tacoma Mall Blvd.
253-475-5288a



WARNING: If this is a change in type of "supportive, motion control" footwear, please consult with medical professional(s) first.