

## Check fit:

### Check shoe size with the person standing

- **Depth:** Toes move freely up and down (wiggle)
- **Length:** Thumb width from end of big toe to end of shoes
- **Heel:** Back of shoe fits heel and ankle comfortably; and heel does not slip in and out of the back of the shoe
- **Width:** Not too tight or too loose



Toe depth



Thumb length



Width

➔ If the shoe width, length, depth or heel do not fit, try another size and/or style of shoe.

👉 If the correct size cannot be found, do not provide shoe and refer to foot clinic

### Check fit and comfort after 5 minutes walking

- Observe for any slipping or issues with fit
- Ask person if the shoes feel comfortable
- Take shoes and socks off and check each foot for any signs of pressure or rubbing
- Pay attention to problem areas noted on the foot map above

👉 If shoes do not fit OR there are signs of pressure or rubbing, do not provide shoe and refer to foot clinic