

## 5 top tips for footwear to help prevent falls in older people\*



**Padders** have been designing and making shoes since 1914, leading to the creation of the feelgoodfeet<sup>™</sup> concept. feelgoodfeet<sup>™</sup> is all about exceptional comfort and support that is independently recognised by the industry's premier research and testing organisation SATRA; who gave Padders feelgoodfeet<sup>™</sup> one of the highest ever scores, in their footwear Comfort Index tests.

**Jayne Evans** BscHons, DPodM - Podiatrist  
With over 23 years of experience in podiatric clinical practice, Jayne specialises in footwear, rehabilitation and falls prevention in older people.

*'To help prevent footwear related falls, I recommend that my clients wear footwear with these 5 essential features, which are present in many of the Padders' ranges'.*

*Jayne Evans*

### Outdoor and indoor footwear should have:

- **Wide heels** – help maintain balance at every step.
- **Firm heel counter support** – reduces trip risks caused by 'sloppy' footwear.
- **Firm soles with good support under the middle of the foot** – helps promote feeling of stability, especially in older people and those who have reduced sensation.

### Outdoor and indoor footwear should be:

- **Securely held on the foot** – keeps feet stable in shoes, helping with changes in direction of walking.
- **Comfortable** – walking in comfort decreases the risk of a fall.

