

## School Shoes

Shoes that fit the child well, are fastened onto their feet, have flat soles and keep feet in a dry environment are ideal. Children should have their **feet measured** to help choose the best size and style of shoe. Avoid 'hand me down' shoes as they may pass on foot problems.

Shoes should be **secured with laces or straps** to hold the shoe on the foot. This prevents heels slipping, clawing of toes to keep shoes on and can be adjusted as feet grow. A firm heel cup supports feet and prevents sideways sliding. Some styles are best considered 'sometimes' shoes ie. platform soles, thongs, high heels, rubber boots or plastic shoes.

Common skin problems such as tinea or warts thrive in moist, dark, warm places. Shoes should be **well ventilated** to minimize the risk of these complications; hence podiatrists recommend shoes with breathable materials (eg leather) and not wearing the same shoes day after day. Some sports shoes and some lace up shoes achieves this, but there are also poorly designed styles and poor 'breathability' in both categories. Socks with a high synthetic component will keep moisture near the skin and are not advised.

Anyone who has queries about shoes and any child who experiences pain in their feet or legs, should consult a podiatrist.

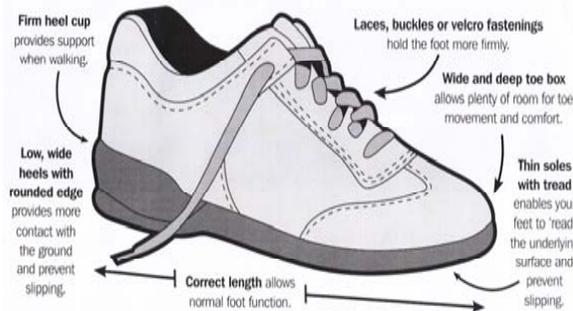


## Shoe Buying Tips

Choosing shoes is difficult. Shoes should support and protect feet from external dangers. Choose shoes based on the activity you will be doing while wearing them.

Shoe buying tips:

- No two feet are alike! Have your feet measured and shoes fitted for the larger foot.
- Buy shoes later in the day- this allows for any swelling.
- Shoes should fit in length, width and depth when standing.



- Take any orthoses or socks/stockings you plan to wear with the shoes for the best fit.
- Choose soles made of non slip material and 'cushion' feet
- Shoes with a firm fastening device (laces, buckles, Velcro straps) prevent your foot sliding forward and heels slipping out of the shoes.
- Choose leather or natural, breathable materials over synthetic.

For more hints on selecting the right shoes for you, please contact staff at **Greenhill Podiatry Centre**.

## Greenhill Podiatry

**Greenhill Podiatry Centre** helps to keep your feet fit! We provide podiatry services of the highest quality to maximise your foot health in a friendly and efficient clinic. Put simply, we look after all your feet problems.

Podiatrists at Greenhill Podiatry are trained in the diagnosis and treatment of foot pain and problems. They are registered with the South Australian Podiatry Board and are involved in ongoing professional development.

**Greenhill Podiatry** staff help to manage:

- Foot pain
- Heel pain or 'flat' feet
- Sports Injuries
- Feet with diabetes or arthritis
- Skin problems (eg corns, hard skin on your feet, warts)
- Nail problems (eg. ingrowing or thickened toenails)
- Children's feet
- 'Soft' or 'rigid' orthoses
- Footwear advice.



**Special Offer**

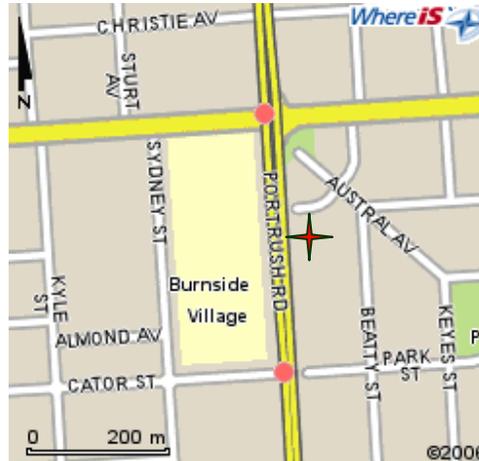
**10 % OFF**

**Appointments  
On Tuesdays  
In February.**

Phone **8379 1456** to make an appointment. Present this voucher to receive 10 % off Tuesday consultations in February 2007 at

**Greenhill Podiatry.**

## Greenhill Podiatry



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To receive future newsletters via the internet please email us.

### Opening Hours:

Mon – Fri: 8.30am – 5 pm

Thurs: 8.30 am – 7 pm

For urgent, after hours podiatry problems please phone 0438 591 753.

### Podiatrists:

**Kate McManus** B App Sc (Pod)  
Accredit. Pod

**Anne White** B Pod Accredit. Pod.

**Paul Hunter** B Pod Reg. Pod

## Keeping Your Feet Fit



### Will your feet go the distance?

The average person walks about **128 000 km** in a lifetime – the equivalent of three times around the world. Our shoes can support and protect us on this journey or be a shaky foundation. Finding the perfect fit is not easy. For assessment or treatment of all your feet problems or foot wear advice please consult our expert podiatrists at **Greenhill Podiatry.**

### See inside for:

- Tips for buying shoes
- Shoes for School Children
- Greenhill Podiatry SPECIAL OFFER