



Healthy Bites Episode 12 – Are my shoes causing me to fall?

Hi, I'm Ellie Kelly, a podiatrist from Riverside Podiatry on the Central Coast.

As we become older, our risk of falling increases significantly, which is why it is so important to make sure we try to reduce many of the risks from our daily lives that could contribute to a fall. One of these factors is choosing the wrong footwear.

This includes, but of course is not limited to:

- Poorly fitting footwear that don't have adequate fixation, such as laces or Velcro, which can trip you
- Wearing high-heel shoes
- Wearing slip-on shoes such as thongs or sandals
- Wearing unsupportive and poorly fitting slippers for long periods of time
- Choosing shoes that are too soft at the back of the heel or through the middle of the sole
- And wearing shoes with a very plain looking sole where there are minimal lines or grooves for gripping onto a surface, or that have soles made out of synthetic rubber.

All common sense things to many of us, but important to remember while out shopping as footwear really does play a big part in preventing falls!