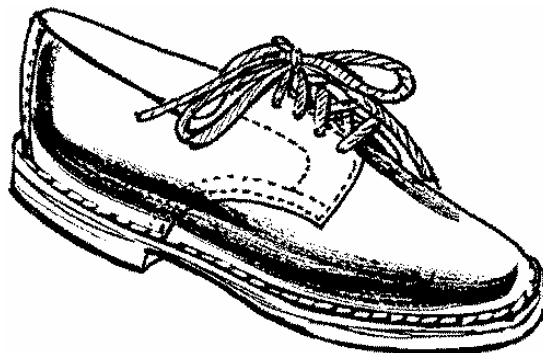


# Fitting Feet Without Problems

- Re-measure feet each time buying shoes
- Choose a quality athletic or walking shoe
- Ideal heel— $\frac{3}{4}$ -inch or less
- Outer sole should be made of soft material
- Laces or velcro closure
- Fit to larger foot
- Shop late in day
- Get special padded insole or orthotic if needed
- Check fit with health care professional



# Fitting Feet With Problems

- Have extra depth in toe area
- Special molded or stretchable uppers
- Insoles up to  $\frac{3}{4}$ -inch thick
- Rocker or roller outer sole if needed



# Medicare Coverage

Must be certified and prescribed by doctor on special forms

You must have one or more of the following conditions:

1. History of partial or total foot amputation
2. Previous foot ulcer
3. Previous callus that could have led to ulcer
4. Nerve damage to feet and legs with evidence of callus
5. Poor circulation to feet or legs
6. Foot deformity



# APMA Fitting Recommendations



- Have foot measured while standing
- Try different sizes
- Try on both shoes and walk around
- Have 3/8-inch space at end of longest toe
- Wear socks you would normally wear
- Select leather uppers, stiff heel counter, inside cushioning, flexible ball of the foot

# Reducing Risk on the Job

1. Look for and avoid hazards
2. Do job and use tools and equipment properly
3. Don't rush—pace yourself
4. Use appropriate safety shoes and boots
5. Report any injuries and have them treated immediately

