

Falls Prevention Service

St Paul's Cray Clinic
Mickleham Road
Orpington BR5 2RJ

Tel: **0300 330 5777**

Email:

bromh.ucrtherapiesadmin@nhs.net

Local services

Age UK Toenail Cutting Service

Age UK Bromley and Greenwich
Community House, South Street
Bromley BR1 1RH

Tel: **0208 315 1853/1867**

Email: clipit@ageukbandg.org.uk

Bromley - Community House

Beckenham - St John's Church

Orpington - Saxon Centre

NB: There is a charge for this service.

For private chiropodists see the NHS website – link below. Here any postcode can be entered and local ones will pop up.

nhs.uk/service-search/other-health-services/podiatrists-and-chiropodists

**Bromley
Healthcare**
community first

The Fall Prevention service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley and its neighbouring boroughs.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court
1b Knoll Rise
Orpington BR6 0JA

020 8315 8880

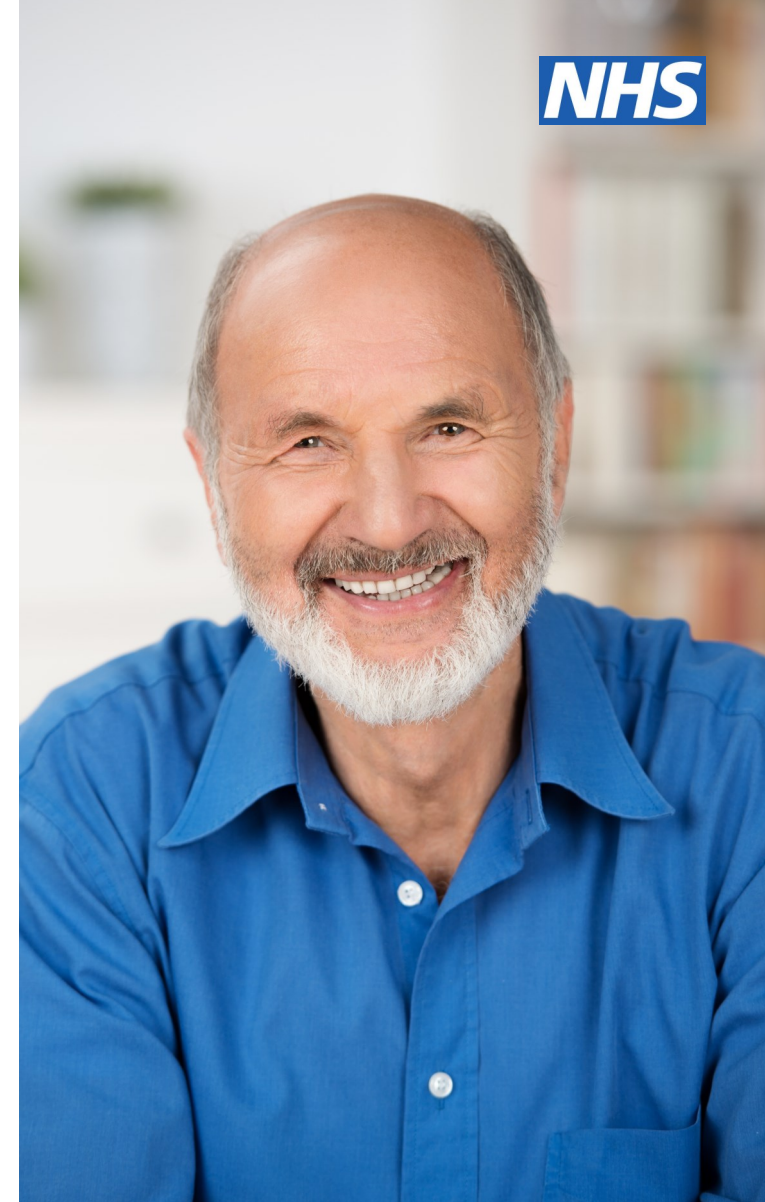
bromh.feedback@nhs.net

bromleyhealthcare.org.uk

Bromley Healthcare Community Interest Company Ltd
Company no: 06815987 Registered in England
Registered office: Central Court, 1b Knoll Rise, Orpington BR6 0JA

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NHS



Feet, footwear and clothing

Falls Prevention Service

Footwear

It is really important to wear correctly fitting shoes; this will help to prevent damage to your feet and to help you to walk safely.

Poorly fitting or unsupportive footwear can make walking difficult, and can cause a shuffling walking pattern and add to the risk of falling.

Footwear affects the way we walk

Good fitting, supportive footwear can improve walking and reduce your risk of falling.

Problems caused by poorly fitting shoes

Falls: Poorly fitting shoes can lead to falls. Loose shoes can cause tripping. High heels can cause you to over balance.

Painful feet and blisters: These can be caused if the shoe is too loose and slips up and down. Blisters can occur on the toes and heels. Slip-on shoes often do this as they have no fastening to stop the shoe from moving.

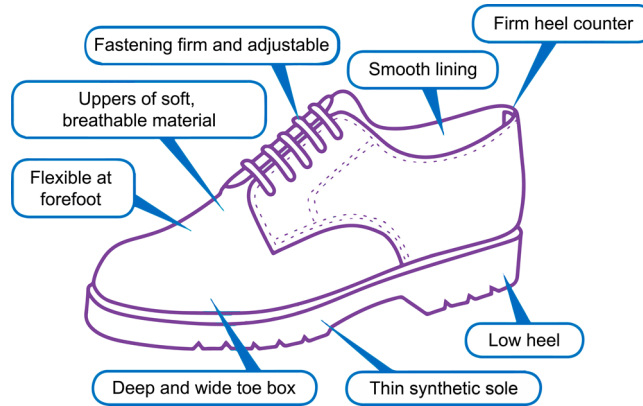
Toe deformities: These can occur if the shoe is too tight. A loose shoe will cause you to curl your toes up to try and grip the shoe to keep it on.

Nail problems: Nails can become thickened and ingrown if the shoe is too tight around the toe area.

Corns: Corns form because of pressure and friction. They can be hard or soft. Hard corns are usually found over the joints where the skin has been pressed between the shoe and the bone. Soft corns occur between the toes when the toes are pushed together.

Tips for good footwear

Avoid: ill-fitting shoes and slippers, high heels, peep-toe, sling-backs, thick trainers and footwear where the heel has worn down.



Shoes should feel safe and secure when walking and should fit properly. Laces or Velcro will stop the shoe from slipping.

Fastenings will help keep the heel to the back of the shoe, this will help to give the toes plenty of room and allow for changes associated with swollen feet or ankles or dressings.

Soft but firm leather shoes with a man-made thin sole and a low/flat heel with good grip are best (choose a material which is soft and moulds to your skin. Hard materials such as patent or plastic are more likely to rub).

A large area of contact between the sole and the ground is safer and a broad heel base with a rounded edge to the heel is best (falls can be the result of a sharp heel edge striking a wet or shiny surface).

If possible, avoid seams particularly inside the shoe where they may rub, and cause corns or calluses.

Check footwear regularly for wear and tear.

Have your feet measured for length and width and ensure that your shoe is deep enough to allow room for your toes. You should be able to wiggle your toes in your shoe.

The front of the shoe should be foot shaped. Narrow pointed shoes will squash the toes and fancy stitching can rub on the toes. High heels push your weight onto the ball of the foot and can cause pain and hard skin to form. High heels can also cause ankle, knee or back pain.

Shoes should feel comfortable in the shop, you will not "Break the shoes in" and you will also damage your feet.

All shoes should be worn with socks, stockings or tights as this helps to prevent blisters.

You should not wear slippers for long periods as they do not provide as much support as shoes.

Clothing

Loose clothing, flared or long trousers or skirts and loose clothing ties such as those on dressing gowns can catch under-foot and cause a trip. Dressing gown ties can catch on door handles or other objects around the home.

Walking in socks or tights on slippery surfaces will increase the risk of trips or slips.

Tights, socks and shoes can be difficult to put on consider adaptive equipment such as a shoe horn or tights aid.

Sit down when dressing to reduce the risk of falling – standing on one leg is difficult especially when multi-tasking.