



**International Federation of Podiatrists**  
**Fédération Internationale des Podologues**

# FOOTWEAR ASSESSMENT

*Provided below is an assessment tool that was designed to assist and provide you with guidelines when evaluating your feet and your footwear.*

*Footwear awareness and selection is key to the many foot problems that are encountered, especially when it comes to prevention. Once the evaluation is completed and if the answer to any of the questions is “No” then a referral to a podiatrist is highly recommended.*

Footwear accommodates shape, length, width and depth of feet, with sufficient toe room?	Yes	No
Footwear accommodates foot deformities?	Yes	No
Footwear protects the toes?	Yes	No
Footwear fits well and does not cause either bulging of skin nor red marks on the skin?	Yes	No
Widest flex area of footwear is aligned with widest flex area of the MTP joints?	Yes	No
Is there at least 1cm space between the distal tip of the longest toe and the innermost distal end of the shoe? (Alternatively, foot should be able to push forward into the shoe, revealing a 1 cm palpable gap at the back of the heel.)	Yes	No
Does all of the patient’s footwear have fastening over both the dorsum of the foot as well as the back of the heel?	Yes	No
Does the patient know why to avoid using backless styles, thong styles (strap between the toes), pointed-toed shoes or oval pointed shoes?	Yes	No
Is the footwear upper made of natural material (leather, suede, cotton, wool, bamboo)?	Yes	No
Does the patient know to avoid non-breathable, inelastic materials such as vinyl, plastic, polyurethane (PU) and PVC?	Yes	No
Does the neuropathic patient know why to avoid shoes that have innersoles with bubbles, stipples, textured surface, so called “massage points”?	Yes	No
Is the heel elevation of the footwear lower than or equal to 25mm?	Yes	No
Is the surface contact area of the heel at least 75% of the heel of the foot?	Yes	No
Is the footwear adjustable (laces, Velcro, buckles, elastic gusset)?	Yes	No
Does the footwear have any cushioning of the insole?	Yes	No
Is the insole of the shoe removable and replaceable/washable?	Yes	No
Is the footwear free from foreign objects?	Yes	No
Is the footwear free from breaks, torn lining or worn cushioning?	Yes	No
Is the footwear internally free from rough seams, prominent stitching, glue patches, ridges or wrinkles or any type of surface which could chafe?	Yes	No
Is the footwear free from wear that might compromise the patient’s biomechanics? (Place shoe on flat surface and examine whether it is distorted from vertical or does not make contact with the ground surface in any area, e.g. over worn heels)	Yes	No

FOOTWEAR ASSESSMENT TABLE If any answer in the table is No, the patient should be referred to a follow up appointment with a podiatrist for footwear and in-depth gait analysis/measurement for prescription of appropriate interventions such as custom insoles/orthoses, as well as further education/prescription of preventative/corrective footwear or footwear modification.

Credit: Shoe Selection Table , SA Journal of Diabetes, August 2012, Author – A Thompson