



Footwear, socks & hosiery for extra wide or swollen feet

Cosyfeet
extra roomy

The right footwear for swollen feet

Choosing appropriate footwear for swollen feet is very important. Footwear which is too tight is not only uncomfortable, but can restrict circulation and worsen swelling. They can also cut into soft tissue, injuring the skin.

THE RIGHT FIT

- > Select footwear which has either been specially designed for swollen feet, or is available in a wider fitting, offering more depth.
- > There should not be a need to buy a larger size for the desired width.

THE RIGHT SOLE

- > It is important to choose footwear which has a suitable sole. Consider the weight and ability to be modified if the footwear needs adapting.
- > A sole should provide cushioning and protection for comfortable walking, with enough grip to prevent slipping.
- > One of the most commonly used sole materials is polyurethane. This material has been developed and improved in recent years and is lightweight, flexible and shock-absorbing. It is also highly durable.
- > For those less mobile or prone to falls, choose a style with a low heel height and wide base for stability.
- > Ask the manufacturer which styles they recommend for footwear that requires adapting.

FITTING ORTHOTICS

Many of us wear orthotics as a treatment for a foot condition. For orthotics to work effectively, podiatrists recommend that footwear has the following features:

- > Extra depth at the toes and the heel to allow the foot to fit comfortably into the shoe.
- > An adjustable fastening to hold the foot securely in the shoe. Slip-on shoes are less suitable as they may press on the top of the foot when the orthotics are in place.
- > A low heel of no more than 4cm (1½").
- > Shoes with removable insoles have increased depth and are preferred by podiatrists when fitting orthotics.

SELECTING THE RIGHT STYLE



Think about how easy a shoe is to get on and off. A style which opens down to the front is ideal.
Style shown: Bart



Heels should have a broad base and should be no greater than 4cm (1½").
Style shown: Natasha



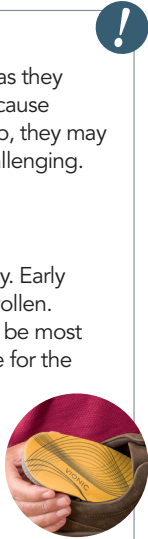
Styles that have a soft, padded collar around the back of the heel and ankle give greater comfort as they don't cut into swelling.
Style shown: Gigi



A simple Mary-Jane style is attractive and easy to get on and off. It might not be suitable for severe swelling as the foot can bulge through the opening beneath the strap.
Style shown: Maggie May

SHOE-SHOPPING TIPS

- > Slip-on styles tend to be less suitable for swollen feet as they don't offer any adjustability, can cut into swelling and cause injury. But for those with minimal swelling on the instep, they may be helpful, especially if getting shoes on and off is challenging.
- > For those with diabetes or very sensitive feet, always look for shoes with minimal internal seaming.
- > It's important to try footwear on at the right time of day. Early morning isn't ideal as feet may only be moderately swollen. Later in the day is when most people find their feet to be most swollen. Around the middle of the day is the best time for the most accurate fit.
- > Always try on both shoes and walk a few steps to check for pinching or rubbing.
- > For those who wear support hosiery or orthotics, be sure to wear them when trying on new shoes.



SELECTING THE RIGHT FASTENING

Choose a style which can be adjusted throughout the day to accommodate swelling.



Touch-fastening straps allow for adjustability if feet become more or less swollen. They are also easier than traditional laces. The position of the fastening is important; it should be placed so that it does not cut into swollen insteps or ankles.



Strap extensions are often available for touch-fastening styles. They lengthen the straps on the footwear which gives you more room to accommodate swelling. Traditional lace-ups provide the most secure fit, offering plenty of support and adjustment.

SELECTING THE RIGHT MATERIAL

Leather offers the most protection and is hard-wearing. The amount of stretch is limited, so ensure there is enough room in the shoe to accommodate swelling.



Fabric footwear is soft enough for sensitive feet, but does not tend to stretch. Ensure shoes are sufficiently wide and deep.

Stretchy fabrics such as elastane are useful as they will stretch over swollen feet, bunions, bandaging and problem toes.



LOOK FOR LININGS THAT ARE MADE FROM BREATHABLE MATERIALS SUCH AS LEATHER TO KEEP FEET FRESH

SLIPPERS

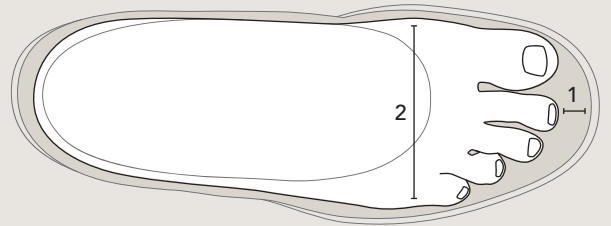
Although it's tempting to keep wearing the same slippers repeatedly, they may not provide ample foot support. Look for slippers which offer support around the heel, with a fastening that holds them securely in place. Alternatively, reserve a comfortable, well-fitting pair of shoes for indoor use.

Footwear Fitting Guide

CHECK THE FOLLOWING TO ENSURE THE FOOTWEAR WILL BE SUITABLE



1. Make sure there is 1cm (½") of space between the longest toe and the end of the shoe. Check this by pressing the upper with a finger.



2. There should be enough width in the shoe to accommodate the whole foot. There should be no pressure on the joints on the side of the foot.



3. Make sure there is enough room to wiggle the toes.

4. Shoes shouldn't slip at the back. If the shoe slips when walking, push the foot to the back of the shoe and alter the laces or straps to improve the fit.

Help reduce swelling

For those with swollen feet and legs, try resting with feet elevated for at least 20 minutes a day, preferable twice a day. This will help to reduce pressure on the legs and encourage healthy blood flow. A height-adjustable foot stool is ideal for this.



A note about diabetes

For those with diabetes, it's advised to wear shoes and socks with minimal seaming to avoid damaging the feet. Run fingers inside any items before wearing, checking for anything that may cause harm. When buying new footwear, wear it for 30 minutes to an hour at first, then inspect feet for pressure marks or irritation. A hand mirror is useful for examining the whole foot. Gradually build up the wearing time.

For more information, visit [diabetes.org.uk](https://www.diabetes.org.uk)

Socks & hosiery for swollen feet & legs

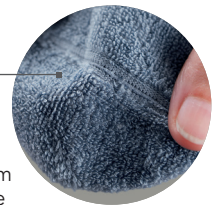
THE IMPORTANCE OF SOCKS & HOSIERY

Socks and hosiery can play a significant role in maintaining the health and well-being of feet and legs. Wearing the correct type of socks or hosiery is just as important as wearing the correct footwear.

Most footwear is designed to be worn with socks or hosiery. Skin builds up bacteria and sweat during the day, which can be washed from socks and hosiery, whereas a shoe lining can become unpleasant. Socks and hosiery also act as a barrier between the skin and shoe to help prevent hard skin and blisters forming, which is important for those with circulation problems or diabetes.

SELECTING THE RIGHT SOCKS AND HOSIERY

- > Swollen feet and legs tend to require extra roomy socks and hosiery. Socks which are specially designed for swollen feet will have a wider heel, increased depth over the instep to accommodate swelling, and more width in the leg.
- > Opt for socks which feature a soft-hold or non-restrictive top as these will stay up without causing pressure. This prevents pinching and helps to maintain good circulation. Hosiery should also have tops which hold it gently in place without leaving marks or restricting circulation.
- > For those with diabetes or vulnerable feet, look for socks which have a smooth toe-seam to prevent irritation. Check the inside of the a sock to see if there is anything that may rub or cause damage.



A smooth toe-seam won't rub or irritate

For those with exceptional swelling or bandaging, Cosyfeet have their Fuller Fitting range. Including socks and hosiery, these styles are incredibly roomy and easy to get on and off swollen feet and legs.

Style shown:
Fuller Fitting Socks



Style shown:
Softhold® Ultra-roomy Knee Highs

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