

## Any other questions?

If you have any other questions please ask the podiatrist when you attend for your appointment. If you need advice before this please contact the Podiatry Office.

## Cancellations

If you are unable to keep an appointment please try and give 48 hours notice, in order that someone else can be given your appointment.

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We are happy to consider requests for this publication in other languages or formats such as large print.

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### If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments.

This costs the NHS millions of pounds each year and increases waiting times.

So if you are unable to attend, or no longer require your hospital appointment, please let us know so we can offer it to someone else.

### SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks & any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.

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# A Guide to choosing Footwear for Children

## Your foot

There is 26 bones in each; in a child these bones are not fully formed. This should be remembered when fitting footwear to allow for natural growth and development.

## Measuring

Children's feet continue to grow into the teen years, so it is good practice to get feet measured regularly.

## Hosiery

Cotton and breathable materials offer a healthier environment for the foot. Good fitting socks are important to prevent constriction at the toe area.

## Fashion

Trends can make it difficult to find the right shoe for your child's needs. Supportive footwear however is important to benefit general posture above the foot by providing support to the ankle, knee and hip.

**REMEMBER** If you are provided with insoles, take these with you when buying new footwear. Remove any existing loose insoles from footwear before fitting your own insoles.



- Front end of shoe should be wider than the heel and toe shaped not pointed as this can restrict movement.
- Insole inside shoe should be of good cushioning property to provide shock absorption
- Heel counter at back of shoe should be firm to help keep the foot stable.
- Trainers should have a good arch shape along the inside edge. Avoid flat unsupportive styles.
- Sole should be slip resistant with good grip. If you can twist

the sole of the shoe it is too soft and won't support the foot well.

- Fastenings like laces, buckle or Velcro help secure the foot. These should be undone each time footwear is removed.
- Slip on styles should be avoided as they encourage toes to clench to keep footwear on. Soft boot styles, rubber clogs and jelly shoes offer little support for the foot.
- Plimsolls are flat and unsupportive. They should be avoided. Trainers with arch support offer more support.

## Did you know?

- One quarter of the bones in your body are found in your feet.
- Feet are one of the most ticklish areas of the body with a high number of nerves
- In a lifetime you can walk the distance of four times round the earth.