THE IDEAL SHOE FOR SENIORS’ FALLS PREVENTION

Laces or Velcro® closure allow for a snug fit and room for swelling.\(^3,6\)

Heel cup is deep with a snug collar to provide support and prevent heel slipping.\(^1,4\)

Heel is wide and flat to provide better side stability.\(^1\)

Shoe length is no more than 7 mm (1/4") longer than your longest toe.\(^2\)

Laces or Velcro® closure allow for a snug fit and room for swelling.\(^3,6\)

Toe box is deep and wide enough to allow toes to move.\(^1\)

Heel should be no more than 10 mm (3/8") higher than the toe.\(^5\)

Sole provides good grip but does not stick to carpet.\(^1\)

For better stability, the thickness of the midsole should not be thicker than 25 mm (1").