

Putting shoes on well – for Happy Feet!

happy feet



pedorthics

- 1**
Open up shoes to allow room for your foot to slip in.



- 2**
Use your shoe horn to slip your foot into the shoe.



- 3**
Before doing up the straps, tap your heel back into the shoe to ensure your heel is right back.



- 4**
Tighten the straps securely; making sure your heel is sitting well back in the shoe to ensure you get the most even support.



- 5**
Have a walk. If your shoes are too loose or too tight start again from step 3.



- 1**
Untie and loosen the laces to allow room for your foot to slip in.



- 2**
Use your shoe horn, to slip your foot into the shoe



- 3**
Before tying the laces, tap your heel back into the shoe to ensure your heel is right back.



- 4**
Tie your laces working from the toe to ankle; making sure your heel is sitting well back in the shoe to ensure you get the most even support.



- 5**
Have a walk. If your shoes are too loose or too tight start again from step 3.

