



Buying Shoes

A straightforward guide

www.feetforlife.org



**Turner Syndrome
Support Society (UK)**

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- Always have both feet measured for length and width.
- Ask if the assistant is a trained shoe fitter.
- A newly fitted shoe should be approximately 12-16mm longer than the longest toe.
- Avoid slip-on shoes. Shoes should be held on the foot with laces, straps or Velcro fastenings.
- Heel height should be no more than 4cm. Lower for younger children.
- The heel should have a broad base and be made from a shock-absorbing material.
- Natural material uppers are best e.g. leather.
- The toe area of the shoe should be foot-shaped and also deep enough to allow the toes to move freely and not be squashed.
- The shoes should fit exactly around the heel.

website: www.tss.org.uk

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