

## Appropriate foot wear for people living with Diabetes

### TOP LINE/COLLAR

Should be soft and well padded



### COUNTER

Should be firm and high to secure the foot

### SOCKS

- Soft socks reduce shear stress
- Soft padded socks help reduce planar pressure.
- Seamless socks preferred over seamed ones
- Should be made of absorbent material. Should not be tight on the foot



### FASTENING

- Avoid laces on shoes
- Should be fastened with laces or velcro to allow for adjustment.

### TOE BOX

Should be high to properly secure the toes.

### SOLE

- Firm enough to stabilize the foot
- Rigid soles to absorb shock & reduce vertical pressure.
- Tough to prevent injuries from sharp objects.
- Outsoles are slippery.
- Heel not higher than 2 inches



### INSOLES

- Cushioning made from soft material.
- Shock absorbing.



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## Diabetic Foot Management



## The do's of diabetic foot Management



Wash your feet and dry between the toes.



Examine your feet daily, using a mirror or use an assistant



Examine your shoes daily for any foreign objects



Test bathing water with your elbow before washing your feet to avoid burns



Cut nails straight with a nail cutter and file the sharp edges



Seek medical attention for bruises, cuts or blisters



Moisturize your feet using creams or lotions  
 \*Avoid Vaseline petroleum jelly



Wear loose absorbent socks



- Shoes should be:
- Closed and well fitting
  - Fastened with laces or velcro
  - Wide enough to accommodate the toes

Shoes should be bought in the afternoon as feet tend to swell towards the evening

## The don'ts of diabetic foot management



Avoid walking bare foot



Avoid touching hot surfaces



Avoid open shoes or sandals



Avoid smoking as it can harm blood circulation in your feet



Avoid shoes with high heels and pointed toes.



Avoid warming your feet in front of open fire



Avoid wearing tight shoes without proper support and laces