# BALANCE, FOOTWEAR & FALL PREVENTION

### How a Certified Pedorthist Can Help

If you or someone you love has become less steady on their feet, **footwear may be one part of the picture.**

Loose slippers, poor fit, inadequate traction, or footwear that doesn't provide enough support can make everyday movement more difficult.

A **Board-Certified Pedorthist** specializes in the relationship between your **feet, footwear, orthotics and mobility**.

## WHAT I CAN HELP YOU LOOK AT

**FIT**
Is the shoe secure, properly sized, and keeping the foot from sliding around?

**STABILITY & SUPPORT**
Does the footwear provide an appropriate foundation for the way you move?

**TRACTION**
Is the footwear appropriate for the surfaces where you walk?

**INDOOR FOOTWEAR**
Are your house shoes or slippers providing enough support and security?

**FOOT SUPPORT**
Would an insert or custom orthotic be appropriate for your individual needs?

## PRACTICAL SOLUTIONS MAY INCLUDE

- Stability-focused footwear
- Supportive house shoes or slippers
- Slip-resistant socks
- Supportive inserts
- Custom orthotics when appropriate
- Professional footwear fitting and education

**There isn't one solution that works for everyone.** I look at your individual feet, footwear, support needs and daily mobility before making recommendations.

## FOR FAMILY MEMBERS & CAREGIVERS

If you're helping a parent, spouse, relative or friend who has become less steady, **you don't have to figure out the footwear piece by yourself.**

Bring their questions and, when possible, bring the shoes they wear most often.

I'll help you understand what may be working, what may need to change, and what options may be appropriate.

## FOOTWEAR IS ONE PIECE OF THE PUZZLE

Fall prevention involves more than shoes.

If someone has experienced a fall or has new or worsening balance problems, dizziness, weakness, or other medical concerns, they should also be evaluated by an appropriate healthcare professional.

**My role is to make sure the feet and footwear aren't overlooked.**

# YOU DON'T HAVE TO GUESS.

## Let's take a closer look at your footwear and mobility needs.

Free 15-Minute Phone Consultation

**Michael L. Ashley, C. Ped.**
Board-Certified Pedorthist | Orthotics & Mobility Specialist

**214-702-8812**
www.foot-fitexpert.com

## Better Footing. Greater Confidence. More Comfortable Movement.