

Wide and Deeper Fitting Shoes

V2 September 2025

Shoes with the following characteristics will help to reduce pressure and rubbing when combined with a wider and deeper fit (please refer to the Footwear Advice Leaflet for further information):

- Leave about 10–15 mm (a thumb's width) between your longest toe and the end of the shoe.
- A round or square toe shape with plenty of depth so your toes are not squashed.
- Choose shoes with laces or Velcro fastenings to hold the foot securely and reduce rubbing. Avoid slip-on styles.
- Soft, seamless uppers to prevent friction against the skin.
- Try on shoes later in the day if your feet tend to swell.
- Always buy shoes to fit your larger foot

DB Wider Fit Shoes (Measurement guide available online and inside the catalogue)	www.widerfitshoes.co.uk	Phone: 01933 311 077 Email: enquiry@widerfitshoes.co.uk
Wide Fit Shoes (Measurement guide available online and inside the catalogue)	www.widefitshoes.co.uk Running trainers available	Phone: 020 8907 1742 Email: info@widefitshoes.co.uk

Both providers offer a wide range of width options up to **8E**, with size and width guides to help you choose.

There are other providers available by searching on the internet:

www.cosyfeet.com

www.cheerfulsoles.co.uk

**If you have any questions about the information in this leaflet,
please contact Podiatry Services.**

For more information about our services and how to manage common foot problems at home, please visit our website: www.livewellsouthwest.co.uk/project/podiatry

Contact Details

Podiatry Services,
Beauchamp Centre,
Mount Gould Hospital,
200 Mount Gould Road,
Plymouth,
PL4 7QD

Tel: 01752 434855

Email: livewell.podiatrypatients@nhs.net