

Making a Good Fit for Active Feet

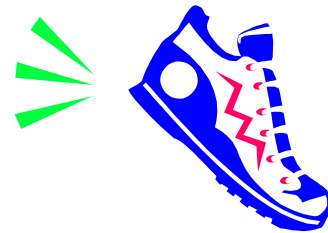
Lesson Plan for Instructor

Objectives:

To enable the patient to understand how to select shoes and socks appropriate for various activities and exercise and to know when to purchase new shoes for activities.

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils



Handouts:

Making a Good Fit ! Shoes for Active Feet

Suggested Format for Discussion:

- Introduction – Write “Making a Good Fit – Hints for Buying and Wearing Shoes for Active Feet” on board. Explain that as a group you are going to discuss why appropriate footwear is an important part of your exercise / activity plan.
- Shoes for Activity – Ask participants why this is important, write responses on board. Discuss reasons to wear comfortable shoes during exercise or activity. Why should you do it?
 - Review different types of shoes for the active person
 - Review the need for socks
 - Review the need to check feet for cuts, sores, or blisters
 - Review when to purchase new shoes / socks due to excessive wear
- Review handout “Making a Good Fit! Shoes for Active Feet”.
- Ask participants to share additional information on selecting shoes for activities. *Optional* – Discuss questions to ask when selecting shoes from a source that offers expertise in shoe fit and selection for activity, sports, or exercise.
- Wrap up – Ask class to describe different shoes for different activities. What are differences to look for? Write responses on the board.

You may wish to invite a speaker from the prosthetics department or a specialty footwear store to provide this talk.

