We are a team of specialist staff involved with the assessment, diagnosis and management of the lower limb in people of all ages.

If you feel that you would benefit from an assessment, self-referral forms are available from all community clinics.

Your GP or practice nurse can also refer you.

If you have internet access you can access the referral form here: https://www.merseycare.nhs.uk/our-services/physical-health-services/podiatry-service/

And email it to: podiatry.referral@merseycare.nhs.uk

Our patients matter
Mersey Care NHS Foundation Trust listens and responds to patients and their carers to help improve the services we deliver.

If you have any comments, compliments or concerns you can speak with a member of staff or contact our Patient Advice and Liaison Service (PALS) and Complaints Team

Telephone: 0151 471 2377
Freephone: 0800 328 2941
Email: palsandcomplaints@merseycare.nhs.uk

To request the leaflet in an alternative format or language please contact the Equality and Diversity Team.

Telephone: 0151 472 7458
Email: equality2@merseycare.nhs.uk

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Ideally shoes should have a fastening to keep your foot secure. Velcro, lace or buckle are ideal. Slip on shoes do not provide the support your foot needs and the muscles in your foot work harder to keep the shoe on your foot. Wearing a slip on shoe enables your foot to move around the shoe more than it is supposed to. This increase in friction can make your skin dry and hard especially around the heels which can crack and become painful. Ensuring that you have a shoe that is secure and well fitted will prevent added friction or pressure to your foot.

The height of the heel is an important feature. When wearing a high heel, excessive pressure is put on the bones underneath your feet. Prolonged use of high heels can bruise these bones and cause pain in the ball of your foot. This is called metatarsalgia (pain in the metatarsals) and can be very painful. It can also lead to formation of hard skin and corns which can also be very painful.

Flat shoes or a shoe with a maximum heel of 2.5cm are recommended as this distributes the pressure evenly on the bottom of the foot.

The standard rule is that there must be 1cm (thumb nail) of space between the end of the shoe and your toes.

It is important to remember than feet tend to change shape over several years so shoes that usually would fit well can sometimes not fit as well as they used to.

You may need to change your footwear from what you would normally wear into something that is going to accommodate your foot shape.

Shoes must have a well cushioned supportive sole. This acts as a shock absorber and reduces any pressure and impact on the sole of your foot.

Shoes with a thin or hard sole can increase the development of hard skin and can also make the balls of your feet painful.