

BAREFOOT FREEDOM®

Foot & Ankle Clinic - Orthotic & Medical Grade Footwear

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FALL PREVENTION FOOTWEAR GUIDE

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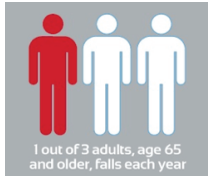
**HOME VISIT AVAILABLE AT RETIREMENT
VILLAGES, NURSING HOMES, HOSPITALS,
AT YOUR OWN HOME NDIS AND DVA APPROVED**

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FALL PREVENTION FACTS



1 out of 3 adults, age 65 and older, falls each year

One out of three seniors will fall this year, but fewer than half of them will talk with their doctors about it, according to the Centers for Disease Control and Prevention. Falls are also the No. 1 cause of injuries in seniors, resulting in hip fractures, cuts, and even serious head and brain injuries that can be fatal. Even when there's no serious injury, a fall can still be so frightening that seniors may avoid certain activities because they're afraid they'll fall again.



The most common causes of falls are where you might have a false sense of security like at home. That's why fall prevention starts with creating a safe living space and supportive footwear. You can make your home safe from falls

with just a few basic changes. Senior care experts offer the following advice for preventing falls at home:



REMOVE TRIPPING HAZARDS

Keep your home brightly lit to avoid tripping on objects that are hard to see. Examine every room and hallway,

looking for items such as loose carpet, slippery throw rugs, or wood floorboards that stick up. Then repair, remove, or replace those items for more effective fall prevention.



REMOVE TRIPPING HAZARDS

Place slip resistant mats both inside and outside of the shower or tub.

Install shower grip bars to help you with stepping in and out of the bathtub without injuring yourself.



FALL PREVENTION FOOTWEAR

Preventing falls at home can be as simple as wearing shoes. Wearing correctly fitted, supportive shoes can help reduce your risk of falling.

FALL PREVENTION FOOTWEAR

As we age, our feet can change shape and lose some feeling and flexibility. This changes the way we walk and affects balance. Wearing stockings or floppy slippers can also make you more likely to slip, trip or stumble, leading to a fall.

REMOVABLE INNERSOLES

The two removable insoles in our shoes provide double depth and create space for custom orthotics or simply some extra toe room.

LACES OR VELCRO CLOSURE

ADDED DEPTH IN TOE BOX AND FOREFOOT

Allows extra toe room and provides adequate space for use of orthotics.

EXTENDED HEEL STABILIZER

Provides rear foot walking stability and minimizes slippage.



NON SLIP SOLE

Ultra lightweight and Dual-density Polyurethane Slip-Resistant Outsole.

STEEL SHANK

Adds support and stability with excellent arch support.

DIFFERENT WIDTH OPTIONS

From Narrow to Extra wide.

HALF SIZES AVAILABLE FOR PERFECT FIT

ALL THESE FEATURES ARE ESSENTIAL WHEN CHOOSING THE RIGHT FOOTWEAR FOR SNUG FIT THAT WILL HELP YOU TO PREVENT FALLS AND KEEP YOU ACTIVE.

We specialise in shoes for feet that require special care, or for anyone who just wants to rest their feet in layers of lightweight comfort. Our footwear is perfect for anyone who suffers from **Diabetes, Arthritis, Heel Pain, Rolling in or out** or years of foot neglect. Our shoes not only relieve foot pain, but they actually keep your whole body aligned, often alleviating nagging back pain.

OUR FOOTWEAR FEATURES

At BAREFOOT FREEDOM we offer shoes that are exclusively engineered to create stability with carefully selected combination of performance features.



- A** **ADDED DEPTH IN TOE BOX AND FOREFOOT** allows extra toe room and provides adequate space for use of orthotics.
- B** **PADDED TONGUE** minimizes lacing pressure over the instep.
- C** **FOAM CUSHIONED COLLAR** prevents heel slippage for a snug and friction-free fit.
- D** **EXTENDED MEDIAL HEEL STABILIZER** provides rear foot walking stability and minimizes slippage.
- E** **REMOVABLE, DUAL-DENSITY INSOLE** with Drilllex cover wicks moisture away from the foot to keep it healthy and dry. The insole permanently forms to the foot, where the molded bottom provides additional cushioning.
- F** **STEEL SHANK** adds support and stability with excellent arch support.
- G** **WIDE SHANK, LIGHTWEIGHT OUTSOLE** provides a ball-of-foot base for stability and great fit, and a mild "Rocker Bottom" to move the foot forward during walking.