

Common diabetic foot complications can include:

- Foot ulcers
- Charcot foot (A weakening of the bone density due to nerve damage)
- Amputation

Tell-tale signs of foot damage include:

- It is essential to do regular checks of your feet especially if you are experiencing any numbness. Always avoid walking barefoot if possible, by doing so you are lessening your chances of injury, in addition do try and also avoid cutting off circulation to your feet by crossing your legs.

Footwear is completely dependent on the severity of any condition.

- One on one consultations
- Shoes you design yourself
- A Custom made last you can go on to use for a lifetime

A watercolor illustration of a shoemaker, a middle-aged man with glasses, wearing a white shirt, a red tie, and a brown apron. He is holding two brown leather shoes. Surrounding him are four circular insets showing detailed steps of shoe-making: measuring a foot, stitching a sole, cutting leather, and polishing a shoe. The illustration is signed 'Zakaria 4/99' in the bottom right corner.

Alternatively you can request a bespoke last be made to your specification by [Springline of Northampton](#), who will measure your feet and create bespoke lasts which you are then able to take to any shoemaker or factory, knowing you will get the perfect fit everytime. Prices for bespoke lasts start at £367.50

Foot care for Diabetics

Comfort is key!

Should you decide your condition is not severe enough to need bespoke services, I would also suggest keeping comfort in mind at all times. This does not mean trainers all day everyday there is no need to limit yourself.

Sketchers are a great brand of trainers for diabetics, designed for ultimate comfort while having a wide range of different styles for sports as well as general walking. **New Balance** is also a confident choice for the diabetic community, it is always worth doing your own research and making sure the brand and shoe you select can adequately cater to your needs and requirements when it comes to activity.

Smart shoes can often pose a bit of a problem due to their reputation of being rather rigid and difficult to break in, however this does not have to be the case. When choosing a smarter shoe always look for these things:

Structure

Make sure the shoe has a back stiffener, toe cap and shank, these will keep the shape and secure the foot. (See the diagram to the right) Cheaply constructed shoes tend to cut costs by removing some of the fundamental elements, that the eye can't see. You can check they are there by feeling the back and toe, seeing if you can bend the shoe inwards. To identify the shank try lightly bending the shoe, if a shank is present the shoe should not bend at all.

Laces

Lace up shoes may be a nuisance from time to time but they will keep the foot in place while walking as well as being adjustable for your foot arch.

Handmade

Handmade shoes will often have the correct construction to accommodate a bespoke insole which could be required for extra comfort. Find out how we make our Northampton shoes for a bit more insight [here](#).

Diabetic insoles can be found easily online, however if you worry about your specific needs its always beneficial to consult your doctor or podiatrist.

Last

When you purchase your shoes make sure the provider can give you a detailed shoe size guide; you can access ours [here](#).

When researching the fit always add a recommended allowance so your feet have enough room to expand.

Seamless Socks

If you suffer with a degree of numbness it could be worthwhile investing in seamless socks, by doing so you are reducing the chance of rubbing or blisters which can come from sock seams. We recommend [The Sock Shop's](#) health and wellness range.

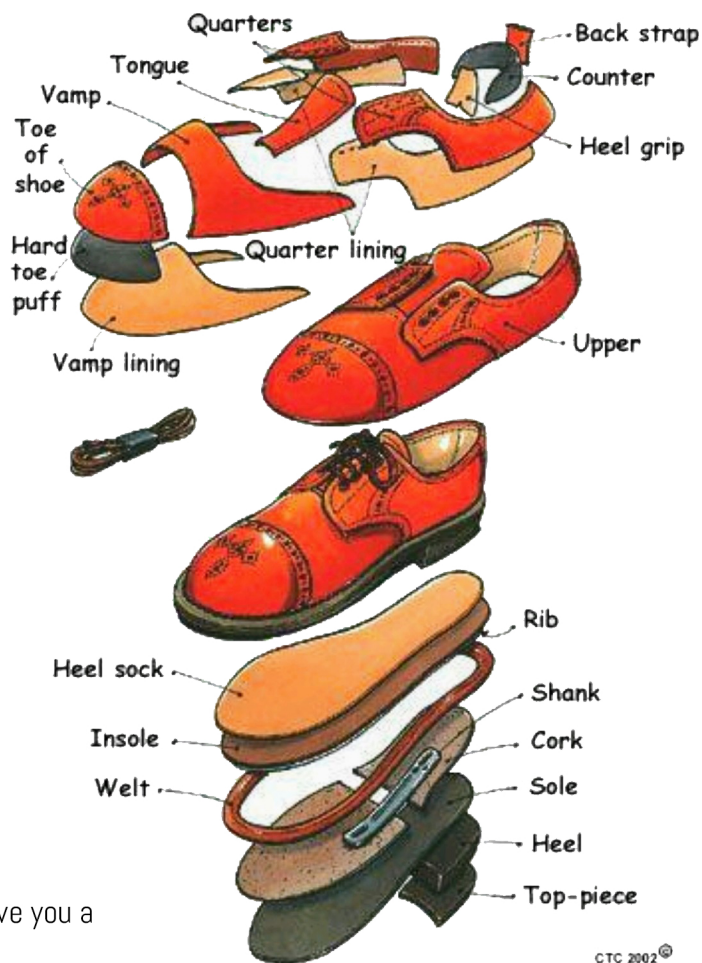
Are our shoes fit for diabetic needs?

Well this is really dependant on you. More severe diabetic conditions require a bespoke solution however in regards to a comfortable, roomy fit we can assure you our shoes can cater to your needs.

If you would like to see the range please click [here](#).

If you would like more guidance on our fit try the following links:

[Size Guide for Percy Stride](#)
[Have I Got Wide Feet?](#)
[What's A Shoe Last?](#)



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