



Afternoon Workshop hosted by Andrew Scowcroft (MD @ Foot Solutions, Plymouth) and one or two very experienced Podiatrists colleagues  
<https://www.footsolutionsplymouth.co.uk>

Two hour afternoon Workshop ~ presentation mixed with practical experience and learning, handling of a wide range of quality footwear to support the material being covered

This Workshop will enable delegates to gain additional confidence when discussing shoes and their massive importance relating to clients health and wellbeing

### **Introductions**

Objectives and scope of the Workshop

### **The importance of footwear**

How footwear affects foot health, posture, gait, and overall well-being  
Statistics and examples of common foot problems caused by inappropriate footwear

### **How to spot the signs of ill-fitting footwear**

Demonstrate how to measure foot size and shape, and how to check for proper fit, comfort, and support

The common signs and symptoms of ill-fitting footwear, such as blisters, corns, calluses, bunions, hammertoes, ingrown toenails, heel pain, and arch pain

### **Shoe construction**

The different parts and materials of a shoe, and how they affect its function and durability

Discuss the advantages and disadvantages of various types of shoes, such as trainers, boots, sandals, heels and flats

Provide some tips on how to choose the best shoes for different activities and environments

### **Health conditions that can be affected and helped by footwear**

Review some of the health conditions that can affect the feet and lower limbs, such as

- Diabetes
- Arthritis
- Plantar fasciitis
- Achilles tendinitis

How footwear can help prevent, manage, or treat these conditions, and what features to look for in therapeutic shoes. Provide some examples of orthotic devices and insoles that can improve foot function and comfort

### **Conclusion**

Summarise the main points of the training and provide some resources and references for further learning

### **Questions / feedback**