



Talking Points

- For falls and general balance:
 - Avoid being barefoot – try to wear shoes at all times (not slippers)!
 - *Evite caminar descals@– Intente llevar zapatos todo el tiempo (no las caites o chanclas)*
 - Avoid wearing high heels (>2.5 cm). Tennis shoes are ideal.
 - *Evite usar los tacones (>2.5 cm). Los zapatos ideales son zapatos atléticos o los “tenis”*
 - Wide soles are preferred for increased stability
 - *Suelas anchas son preferibles para el equilibrio*
 - Avoid rocker-bottom shoes
 - *Evite los zapatos con suelas arceadas o con curvas*
 - Avoid wearing elastic shoe laces, or shoes without any shoe laces at all
 - *Evite usar zapatos con cordones elásticos o sin cordones*
 - Avoid shoes with low collars
 - *Evite los zapatos de apertura baja*
 - Use thinner, firm soles (*not pictured, will instead show on demonstration shoe*)
 - *Utilize suelas delgadas y firmes*

