

The girl who liked shoes.

Once upon a time, not so long ago, a small girl called Prudence discovered she like shoes so much so that her friends called her Pru the shoe.

She loved to go shopping to see new shoe fashions and spent her pocket money on new shoes. Pru loved the new styles and colours, with heels and platforms and all pointed styles. She had every shoe imaginable in her cupboard, infact she had so many shoes that she had to have another wardrobe in the spare bedroom to store them all.

She had wellys for the snow; trainers for sports; boots for winter; sandals for summer; Sunday shoes; party shoes and best of all a different pair of shoes for each day, to go with her fashion outfits.

One day, Pru noticed red marks on her toes. Her little toe was painful and her big toe began to turn towards her other toes. But this didn't bother Pru; as long as she had her shoes she could ignore the pain.

As Pru got older, so she grew. As she grew, so her feet grew. "Oh No", said Pru, my feet will soon be too big for my lovely shoes and I haven't worn them much. I don't want to throw them away. As time went by, Pru tried to wear her shoes, she would try stretching them to make them fit. She would get them wet so they stretched and then packed with paper. She tried every trick in the book. But still her feet grew and the more they grew the more her shoes wouldn't fit.

In the end, Pru's feet began to change shape to fit her shoes and she could not walk very far without pain. Her Mum and Dad remembered some advice given by professor Pod and took her to see a Podiatrist.

When she reached the Podiatrists surgery, Pru saw a booklet on shoe and shoe fitting advice. She didn't understand the big words but did see that in having so many shoes to wear was a big mistake.

The podiatrist said " It is better to have fewer pairs of good shoes to wear regularly, rather than have many pairs of shoes that will not fit after a short period of time."

" For girls and boys, it is particularly important to wear shoes that fit properly, especially when they are growing, to prevent the risk of corns, callus and deformities caused by poorly fitting shoes".

Pru listened, and although she didn't like to hear what the podiatrist was saying, she knew it was right and after this only bought shoes she needed rather than the ones she wanted. The Podiatrist treated her corns and callus and made a toe splint to prevent her toes from becoming deformed.

One day Pru looked at her Mum's feet. They were a different shape than they should have been. When Pru asked her Mum why her feet were so misshaped, she admitted that she too had liked shoes when she was a girl but did not do anything about it.

Professor Pod says “Always make sure you wear shoes that fit properly and if you are worried or have painful feet make sure you see a podiatrist”