

Wear the right shoes

You walk on your feet all day. If you wear the wrong shoes you can have more foot problems in the future.

A good shoe fit will cover your whole foot.



A bad shoe fit will not cover your whole foot.

How to wear the right shoes:

1. **What's your foot shape?** Put your foot on a piece of paper and trace around it with a pencil. This will help you see your foot shape.
2. **Find your fit:** Bring your foot shape outline to the shoe store. When you find shoes you like, put the shoe on top of your outline. If your foot outline fits inside the shoe, it's a good fit.
3. **Good shoes have:**
 - Comfort and support: shoes with laces are best.
 - Fabric that lets air in like leather or canvas.
 - 1/2 inch of space in front of your toes.
 - Support for your arch.
 - No more than 1 1/2 inch heels.
 - A stiff back to keep your foot from sliding.
4. **Always wear socks!**

Shoe shopping tips

- Pick shoes that feel right. Try wearing them around your house first. Show them to your foot doctor. If they don't fit well, return them.
- Shop late in the day because your feet will be a little bigger.
- Your feet change size over time. Have your feet measured each time you buy shoes.
- What are you buying the shoes for? High heels are okay once in a while but choose more sensible shoes for daily life.
- If you have inserts made specially for your feet, be sure to bring them shopping. Always try on new shoes with your inserts.
- Always try on both the right and left shoe, your feet are different sizes.
- Buy shoes that are comfortable. Don't expect shoes to 'break in'.
- Make sure to bring the right socks with you when trying on your shoes.



If you have foot problems:

- If your foot has a different shape than most feet, it can be difficult to find shoes. Look for shoes made from soft leather to stretch and fit your foot shape.
- If you have bunions, try shoes with a wider toe.
- If you have hammertoes, look for shoes with a tall toe box.
- If you have arch problems, you may need inserts.

Ask your foot doctor if there is a shoe brand that will be best for you.