

Patient Instructions

PROPER SHOE FIT

Shoes should be comfortable. Shoes that are too tight, too loose, or without enough support, can lead to unwanted stress on the feet, ankles, knees, hip, and spine. This ongoing pressure can cause pain and injuries that may limit or prevent participation in work, sports, and hobbies. Style is often a key consideration in choosing a pair of shoes, but it cannot be the only factor. To reduce the risks of developing a foot problem, a shoe should conform to the shape of your foot, and it should correspond with the activities you do, such as standing for long periods of time or walking long distances. Other factors to consider are body weight, as well as back, hip, and knee problems, which may change the way you stand and walk.

SHOE FITTING TIPS:

- Because your feet may swell throughout the day (up to 8%), purchase shoes toward the end of the day to ensure maximum comfort.
- You should have 1/2 inch of space between your longest toe and the end of the shoe. If one foot is larger, purchase shoes for the larger foot.
- Walk around in the shoes, on different surfaces to make sure they are comfortable.
- Try on shoes with the socks with which you will wear them.
- Make sure the shoe is wide enough. Buying bigger shoe to gain width may not be a better fit. Although the larger shoe may be more comfortable in the width, the extra room in the toe box may cause your foot to slide back and forth.
- The toe box is the front area of the shoe where the toes rest. A square or round toe box will be more comfortable. A deeper toe box gives more room for the toes, important if you have hammertoes.
- Shoes should fit when you buy them. Do not buy shoes that need to be stretched, "broken in," or require the addition of pads.

REMEMBER: SHOES SHOULD BE COMFORTABLE. You do not need to buy the most expensive shoes, but you should purchase the ones that fit your feet.

This information is intended as an educational guide only and is not intended to substitute the medical care or explanation by your doctor. If you have any questions, please contact our office.