

Inappropriate Footwear Can Cause :

- **Disabling foot problems (bunions , calluses , stress fractures , toe deformities).**
- **Arthritic changes and pain in lower extremity joints.**
- **Balance difficulties.**



Bunion.



Hammertoes.

Find the Right Shoes.

Step # 1. Have your shoe size ___ and width ___ measured.

Step # 2. Find out what type of foot do you have !! .

___ **Normal Arch** ___ **High Arch** ___ **Flat Foot/Arch**



Normal arch



High arch



Flat arch

Step # 3. Pick Your Shoes Based On Activity (Walking , Athletic or Dress Shoe), And Choose Ones Which Accommodates Your Foot Type.

Shoes have different features for different activities.

Athletic shoe is generic name designed for sporting and physical activities.

Special Considerations.

It is important to know the parts of the shoe so you can communicate better with the retailer.



Flat Foot/Arch .

Look for a shoe which has a stiff heel counter , good arch support and a stiff sole which only bends at the forefoot. You may need to get also inserts to provide additional arch support.

High Arch.

This type of a foot tends to be more “ stiff “ . Look for shoes with extra cushioning at the heel and ball of the foot. It is also common to have more tightness in your heel cord (achilles tendon) and calf muscles. You can try a little higher heel to alleviate this but heel should be broad based and no higher than an inch.

Shoe Size.

- Have both feet measured as one foot may be larger.
- Measure feet at the end of the day as they tend to swell during the day.
- The shoe must be long enough. When standing there should be a 1-2 cm space between your longest toe and the end of the shoe.

Diabetics .

Proper foot care is important part of diabetes management. Diabetics have much higher risk for developing serious foot disorders. Ulcers and sores on the feet can be caused by improper shoe wear .Wounds heal slower when you have diabetes and can become infected , sometimes leading to amputations.

Ask for Diabetic shoes at the shoe store. Medicare will reimburse 80 % of the cost of the shoes and inserts when you have a doctor's prescription and are involved in a comprehensive diabetic management regimen. You are entitled to 1 pair of diabetic shoes and 3 inserts per year. These regulations may change so check with your shoe store for more information.

It is recommended that Diabetics were shoes always when up. Diabetics shoes are also great for anybody with decreased sensation and circulation at the feet.

Tips on Buying New Shoes :

- **Buy shoes with some form of adjustable fastening, such as laces , velcro or buckle.**
- **Try both shoes on and walk around the shop to ensure fit and comfort.**
- **Shoes that fit properly will feel comfortable and there should no need to “ break in “ shoes.**
- **Don't let the price of the shoe be the only deciding factor. Just because shoes are expensive does not mean that they are the right fit for your feet.**
- **If you use custom shoe inserts (orthotics) bring them with you when you try new shoes as you may need to buy a larger size shoe than you normally use .**

