

Shoe Shopping Guide



Shoes have very important functions. Ensuring you have the right type of shoe keeps your foot comfortable and safe!

Shoes help:

- Protect your feet
- Prevent injury
- Provide cushioning and support

QUICK TIPS

- Get fitted at the end of the day when your feet are swollen
- The ball of your foot should sit in the widest part of the shoe
- Shoes should feel snug not tight
- You need a little room at the front of your shoe – make sure you can wiggle your toes
- Try your shoes indoors first – make sure they fit well and are not causing any issues. Make sure the shoes can be returned or exchanged in case they do not work for you!
- Wear new shoes initially for 1 – 2 hours maximum
- Check feet for redness or sores and blisters. If you notice these they are not the shoe for you!

Get the right length

Check where the foot is in relation to the end of shoe. Need about 1/2 thumb width amount of space in front (1-1.5 cm).



Check the width

Too Tight: The upper will be stretched out. You may notice toes or bony deformity over sole of shoe.
Too Loose: You will be able to pinch large amounts of upper.



Check the depth

If toe deformities are visible through the upper, a deeper shoe is needed. You may also try a stretch top shoe. Toes may also claw if the shoe is too short.



Do not forget

Shoes are **not** sized equally between brands.

When assessing size need to look at: length, width and depth. Go by **FIT** not by what size you wear!

DO NOT try to “break the shoe in”. If it is not a good fit, try a different size or even a different shoe.

Finding the right shoe

- Shoes should fit well. Follow the fitting instructions.
- Look for laces or velcro closing. Helps keep the shoes on your feet!
- Soft, breathable upper material.
- Roomy in the toes. Make sure you can wiggle!
- Firm heel counter. You really do not want a floppy shoe.
- Make sure you can not twist or bend the shoe in half.
- Minimal or no seams - especially in the toe box. Put your hand inside to check!
- Don't forget slippers or inside footwear! Avoid bare feet!

