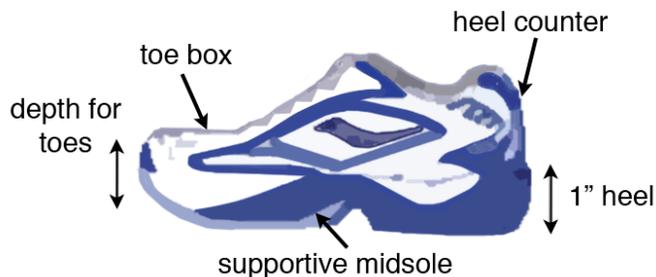
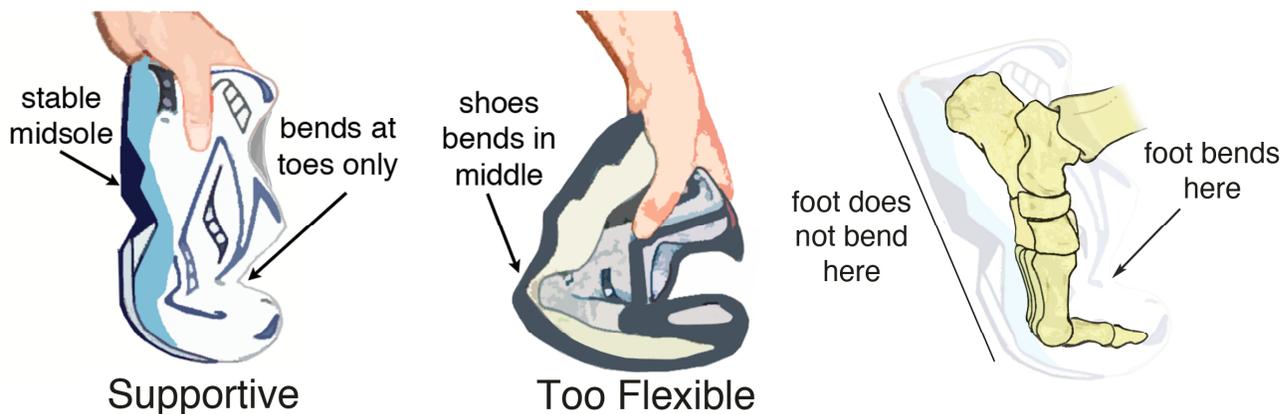


# THE RIGHT SHOE how to choose

Selecting the correct pair of shoes is a difficult task. A poor pair of shoes can aggravate existing foot conditions and potentially create new ones. Important rules to follow include choosing a shoe with a heel of 1/2" to 1 inch. High heels, considered to be 2" or more, may cause forefoot problems. Make sure the shoe is rigid and only bends at the toes. The sole of the shoe should not be too thin or flimsy. Follow these tips:



1. **The sole should be rigid:** Your shoe should bend where the foot bends. The sole of the shoe should be stiff in the middle and flexible at the toes. To test this, grab the heel of the shoe, place the toe box on ground and press down with as much force as possible. If the shoe collapses on itself, it is too flexible and it won't be supportive. In the picture below, the middle image shows the shoe collapsing in the middle.



2. **Shoes should have a 1/2" to 1" heel:** The heel of the shoe should be about 1/2" to 1" higher than the front of the shoe. Look for the difference between the two because thicker soles can be deceiving. Elevation at the heel distributes pressure and takes stress off the Achilles tendon and the arch.
3. **Shoes should have a wide toe box:** The shoes should be wide enough to allow the toes to "wiggle" when standing. There should be no pressure, pain or rubbing on the toes. The toes should not touch the tip of the shoe. This is especially important for those with bunions.
4. **Look for increased toe box depth for hammertoes:** If you have hammertoes, look for shoes with increased depth specifically at the toe box. A soft top cover may also be helpful.
5. **For arthritis and ball of foot pain:** A rocker style shoe will decrease forefoot stress and minimize ankle pain.
6. **Have feet measured and purchase in the morning:** It's important to have feet measured each time you shop for shoes. Feet typically flatten and widen over time and appear to "increase" in size. Feet tend to swell during the day, therefore purchasing shoes in the morning will allow for a more appropriate fit.

