



Choose the Right Shoes!

Did you know? Most of us stop getting our feet measured once we become adults and then assume our foot size stays the same. However, it's not uncommon for our shoe size to increase as we age. It's because tendons and ligaments get stretched over time and lose some of their elasticity, which results in foot spread. If you've gained weight over the years, the added strain to the lower extremities can also cause your foot size to increase.

Shoe Shopping Savvy

Here are a few tips for your shoe-shopping trip:

Plan to shop later in the day or evening.

This is when your feet will be at their largest and this will help ensure that you get shoes that will feel comfortable all day long.

Get both feet measured.

Many people who have one foot that is larger than the other always buy shoes that will fit the bigger foot.

Bring your socks.

Wear or bring the type of sock that you plan to wear with the shoes you are purchasing.

Look for quality construction and features that will help prevent foot pain.

These include good arch support, cushioned insoles, heel cups, and a sturdy tread. For dress shoes, choose styles with a roomy toe box and keep the heel height to a maximum of two inches.

Try on both shoes.

If your podiatrist has prescribed a custom orthotic make sure it fits comfortably inside the shoes you're considering. Take your time and walk around the store to make sure the shoes don't pinch, rub, or irritate any part of your foot. Throw out the idea of a "breaking in" period. Shoes should be comfortable from the moment you purchase them.

Don't Wait

It's been estimated that as many as 90% of people are wearing shoes that are the wrong size for their feet. Improperly fitting shoes is one of the primary causes of many common foot problems including blisters, flat feet, plantar fasciitis, bunions, hammertoes, and ingrown toenails. If you have a chronic foot problem give your podiatrist a call to discuss appropriate shoe styles and features that will best accommodate your unique foot.

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