



# SHOES: FINDING THE RIGHT FIT FOR YOUR FEET



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Here are some great guidelines for finding the right shoe for YOU!

1. Match the Shoe for the Activity: Choose the shoe for the type of activity that you will be performing... walking, running, crosstraining, basketball, tennis, etc. Today's shoes are made for specific activities.

2. Shoe Shape: Most people don't realize that similar type shoes come in various shapes. Turn the shoe upside down to appreciate the shape of the sole. Does the toe tend to turn in like the shape of a "C" (in-toed type sole) or is it straight? If you have wide feet then most likely you will fit better in a shoe with a straight sole.

3. Overall Length: This is the most obvious one. Never assume that the numerical size of the shoe is the correct size you should be wearing. Often with age, our shoe size changes (our feet become longer as we get older) and this means that the shoe size that you used to have 10 years ago may no longer be the correct fitting size now. Always use the "Thumb Rule". When standing, your longest toe (not necessarily your great toe) should be at least 3/8 of an inch from the end of the shoe or approximately the width of your thumb.

4. Shoe Width: Always test the the width of the shoe when standing. Your foot widens 1/4 to 5/8 inches when you bear weight. Many think a snug or tight fit is necessary because the shoe will stretch with time. Wrong. Nothing stretches unless forced by pressure. And pressure means achy feet. The proper fitting shoe will allow enough width so that, when standing, the outside edge of the shoe (near the little toe) is not overlapping over the edge of the sole.

5. Heel Counter/Cup (the back of the shoe): Check the back end of the shoe to see if the heel cup of the shoe is built well and firm. Test the counter by squeezing it. If the back of the shoe collapses easily then the heel counter is too flimsy and may slip. A quality shoe will have a stiff

heel cup area. Additionally, be certain that the heel cup is not too wide and has adequate height to prevent slippage during activity. This especially becomes an important factor if you use orthotic inserts.

6. Insole: Good quality shoes will have a padded insole that decreases impact and wicks moisture. Higher end shoes usually have a removable insole to allow for a custom orthotic to be placed in the shoe.

7. Other General Hints:

- Remeasured your feet every year to appreciate the general size of your feet. However, always verify your shoe fit by following the guidelines above. Remember, the shoe size number means little if your feet change in size.

- The price tag of the shoes may have little to do with the quality, comfort and correct fit. Expensive foreign-made leather shoes have little value if they're too uncomfortable to wear! Be more concerned about evaluating for the right fit and the quality of the construction. Good shoes don't have to cost a fortune.

- Lastly, the above recommendations for finding the right fit for your shoes may not apply to ladie's high heel pumps. This is because this style of shoe requires a tight fit in the toes and a low heel counter. When searching for a comfortable high heel shoe look for soft leather that will afford some stretching. Generally speaking, the lower and wider the heel sole the more comfortable and stable your feet will be while walking.

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*If you have questions regarding how to buy shoes, or have a specific concern (such as diabetic footwear or problematic foot conditions) please feel free to call Dr. Lee at (949) 645-FEET.*