



Selecting Footwear



A N A T O M Y O F A S H O E

IMPORTANT FOOTWEAR FEATURES

Rockered Toe:

- The sole of the shoe curves upward starting at the ball of the foot and extending to the front.

Stable Footwear:

- Firm heel counter - When squeezing the heel of the shoe, the heel counter should not collapse inward.
- Midfoot support - Footwear should not be flexible through the arch area (no ability to fold shoe in half). Footwear should only flex at the ball of the foot.
- Stable base - Look for a shoe with a wide stable base.

Heel Height:

- Generally, the height or the thickness of the heel should be thicker than the soling under the ball of the foot.

Toe Box:

- Should be wide, rounded and of sufficient depth to prevent rubbing on the toes. Should also match the shape of your foot as much as possible.
- When footwear is on your foot, you should be able to freely wiggle all of your toes.

GENERAL TIPS: POINTS FOR A PROPER SHOE FIT

Proper fitting footwear can dramatically affect the function of your orthotics. Poorly fitting shoes can cause bunions, corns, callouses, hammer toes and other foot problems:

- Laced shoes offer the best support and most adjustability.
- Sizes vary among shoe brands and styles. Don't select shoes by the size marked inside the shoe. Judge this by how it fits your foot.
- Select footwear that conforms as much as possible to the shape and width of your foot.
- Always try on both shoes.
- Never purchase footwear that are too tight, expecting them to stretch and feel better.

RECOMMENDATIONS FOR YOU

