

## Tips for Choosing the Best Shoes for Your Feet

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### Why are supportive shoes important?

- They reduce pain by supporting the joints in your feet
- They provide a stable base for walking and standing
- They help to prevent changes in foot structure

### When should I wear supportive shoes?

- Wear them most of the time, during indoor and outdoor activities
- Wear slippers or dressy shoes only when you are able to sit most of the time

### How to shop for shoes

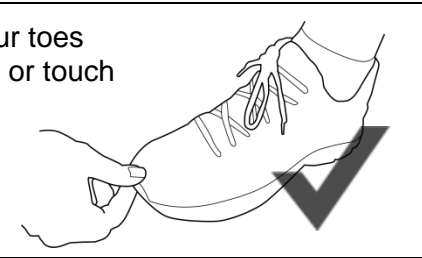
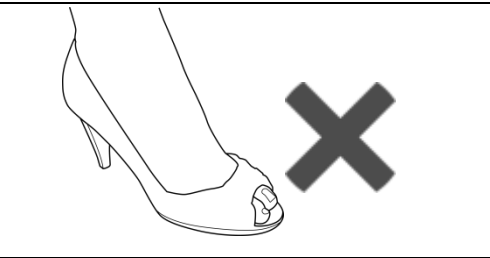
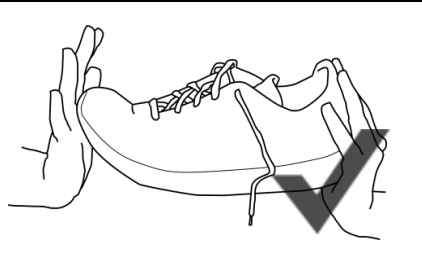
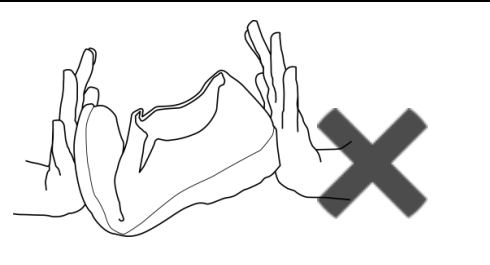
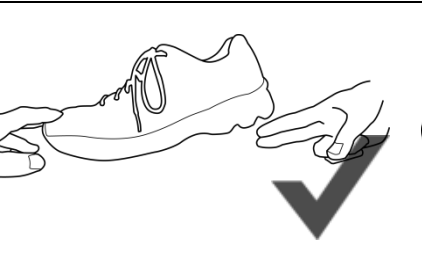
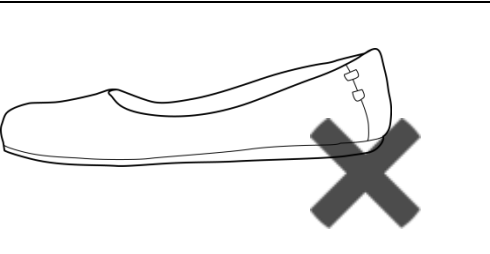
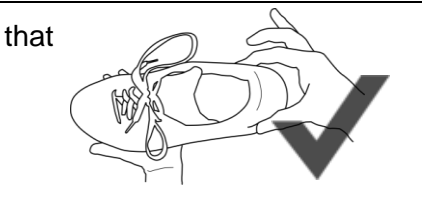
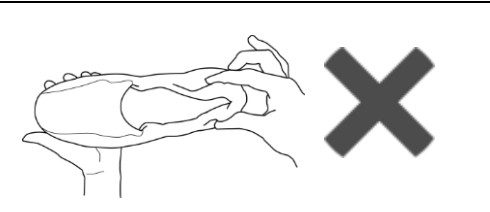

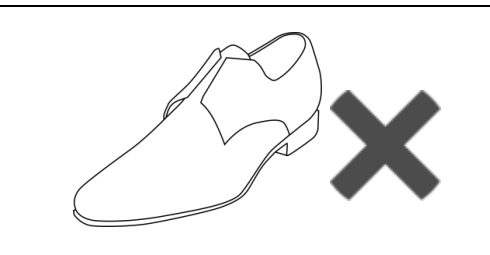
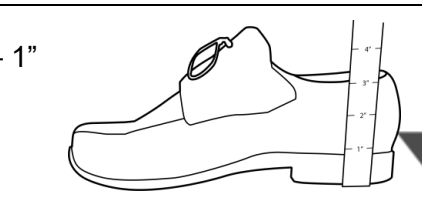
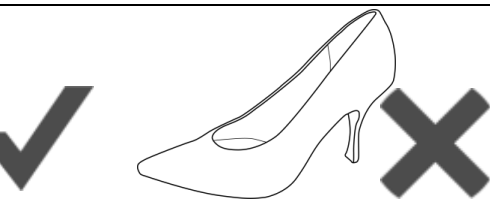
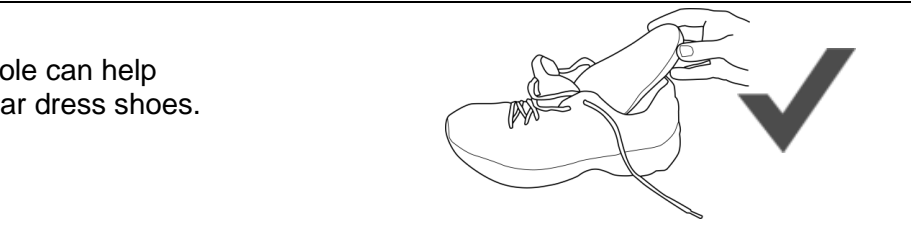
- Try on shoes in the afternoon; your feet may swell during the day
- Try on shoes with the socks and foot orthotics that you plan to wear with them
- Wearing both shoes, walk around the shop for several minutes to check comfort and fit. Try different surfaces, such as carpet, tile, and concrete
- Buy shoes that feel comfortable, they should not need to be "broken in"

### How should the shoe fit

- Have both your feet measured for length and width in standing. Shoe size is just a guide, how it fits is more important
- Shoes should have approximately ½" (1 cm) space at the end of the toes. And should be fit to your larger foot
- Choose a shoe that is wide and deep enough to fit your foot and foot orthotic, not a larger shoe size. It should not squeeze your toes or put pressure on the top
- It should fit snugly and feel supportive around your heel and instep. Your heel should not slip and your foot should not slide forward when walking

### Where to Shop for Shoes

- Choose a store that has knowledgeable shoe fitters
- Purchase from a store that will let you to try your new shoes indoors for a few days and will take them back if necessary
- Your OT can provide a list of recommended shoe shops in your area

Features to look for in your everyday shoes	GOOD: ✓	BAD: ✗
<ul style="list-style-type: none"> <li>→ Space for your foot - your toes should not be squeezed or touch the end of the shoe as you walk</li> <li>→ Deep and wide toe box</li> <li>→ Avoid pointy toes</li> </ul>		
<ul style="list-style-type: none"> <li>→ Stiff sole</li> <li>→ Sturdy shoe that does not bend or twist easily</li> </ul>		
<ul style="list-style-type: none"> <li>→ Firm rocker sole</li> <li>→ If your balance is poor, talk to your health care team for advice</li> </ul>		
<ul style="list-style-type: none"> <li>→ Firm well fitting heel cup that keeps your heel in place</li> </ul>		
<ul style="list-style-type: none"> <li>→ Soft comfortable material on the top of the shoe</li> </ul>		
<ul style="list-style-type: none"> <li>→ Low heel height of 3/4" – 1"</li> </ul>		
<ul style="list-style-type: none"> <li>→ Removable insole</li> <li>→ An extra gel or foam insole can help to absorb shock in regular dress shoes.</li> </ul>		

Other features to consider: shock absorption and a non-slip surface, heel with a broad base, motion control vs flexible shoe, fastening options at instep (laces, strap, Velcro)