



## DOES THE RIGHT SHOE REALLY MATTER?

No matter if you are standing, walking or running, your feet are the **foundation of your body**.

Ill-fitting footwear can cause problems to:

- Foot e.g bunions, corn, hammertoes
- Lower legs
- Knees
- Hips
- and even the lower back!



## 5 TIPS TO PICK THE RIGHT SHOE

- Measure your feet towards the **end of the day**
- Fit your shoes to the **larger foot**
- Buy shoes that are **immediately comfortable**
- **Walk around** in the shoes to see if they are comfortable before purchase
- Purchase the right shoe design for the **intended activity**



## CHOOSING THE RIGHT FOOTWEAR

From the sneakerhead to the businessman, shoes are something we all need to wear everyday. Finding the proper shoes and making sure they fit well will keep both your feet and your body happy.



## WHAT ABOUT BUYING SHOES ONLINE?

- Go with brands in the sizes that **you have tried before** and feel comfortable in
- Look for footwear with **adjustable elements** that can accommodate your foot



## PARTS OF A SHOE

### VAMP

- Hold the foot **snugly** and **comfortably**
- Too loose: heel may slip
- Too tight: cause toe pain or numbness

### INSOLE

- Quality insoles **absorb shock**, evenly **distribute weight** and provide **arch support**
- Can be bought and fitted into the shoes separately

### TOE BOX

- **Wide** enough to accommodate all toes
- Leave **½ in (1.2 cm)** space between longest toe and the end of the shoe



### MIDSOLE

- **Soft** enough for comfort
- Yet **firm** to provide support

### HEEL COUNTER

- Should be **firm** to stabilize the heel
- Leave **½ in (0.3 cm)** space between back of the foot to the heel counter to prevent blisters

## CONCLUSION

Getting well-fitting footwear can reduce your chances of suffering from many common foot problems. Keep these tips in mind for your next pair of shoes!



### References:

1. [How to select the right athletic shoes, 10 points of proper shoe fit](#), American Orthopaedic Foot and Ankle Society, USA.
2. [10 tips for finding the right shoes](#), Harvard Health Publications, Harvard Medical School, USA.
3. [Shoes – finding the right fit](#), OrthoInfo, American Academy of Orthopaedic Surgeons.