

We Can Help You With



HIGH-ARCHED FEET



DIABETIC FOOT CARE



TOENAIL
CONDITIONS



WOMEN'S
FOOT CARE



ACHILLES



CUSTOM
ORTHOTICS & BRACES



FOOT & ANKLE PAIN



CHILDREN'S
FOOT CARE

SERVICES

- BUNIONS
- DIABETIC FOOT CARE
- FLAT FEET
- HAMMERTOES
- HEEL PAIN
- FOOT & ANKLE PAIN
- SENIOR FOOT CARE
- TOENAIL CONDITIONS
- BONE SPURS
- CHILDREN'S FOOT CARE

HOW TO CHOOSE

THE RIGHT SHOES

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WHY ARE POORLY FITTING SHOES A PROBLEM?

What About Going Barefoot?

WHY ARE POORLY FITTING SHOES A PROBLEM?

Wearing properly fitting shoes helps improve your stride and align your body. Improperly fitting shoes cause you to have to compensate and adjust your gait. This puts pressure on your hips, ankles, back, and knees, and over time, can lead to joint problems in these areas.

Finding properly fitting shoes is not difficult. A podiatrist can evaluate your foot type and direct you to a shoe that addresses your specific needs. Having a medical professional assist you in picking the proper footwear can also help to avoid future problems.

WHAT ABOUT GOING BAREFOOT?

□ Now that it's summer, it might be tempting to slip off those shoes and go barefoot in the grass and the neighborhood pool. However, going barefoot exposes your feet to bacteria, fungi, and parasitic infection, in addition to the potential for injury.

Bacteria, fungus and viruses thrive in moist environments such as public restrooms, pools, and gyms. Athlete's foot and other fungal infections cause intense itching, redness, scaling, and blistering on the foot.

You are more prone to foot injury when barefoot. Cuts, puncture wounds, and bruises are common injuries that can be avoided by wearing shoes.



1 Foot 2 Foot Presents

IF YOU'RE EXPERIENCING FOOT PAIN THE CULPRIT COULD BE IN YOUR CLOSET

How Shoes Affect Your Feet

TYPES OF SHOES AND FOOT PAIN

FLIP FLOPS

A lack of all-over foot support can lead to pain and cause sprains, tendon injury, and plantar fasciitis.



BALLET FLATS

Truly flat shoes offer no arch support and can be responsible for chronic foot pain and ankle injury. A small heel in a shoe helps to align the foot and support the arch.

HIGH HEELS

Heels and stilettos are often very narrow, increase pressure on the front of the foot, weaken your ankles, and affect your posture. Common problems associated with high heels are bunions, tendon strain, neuromas and hammertoes.

MEMORY FOAM

The memory foam used in mass marketed shoes loses its cushion quickly, exposing your feet to overuse injury and stress fractures. Moreover, the memory foam does not breathe leading to a moist environment perfect for foot odor to fester and fungus to grow.

WHY PROPERLY FITTING SHOES ARE IMPORTANT TO FOOT HEALTH

Poorly designed and ill-fitting shoes are a significant cause of foot problems. The problems can extend beyond your feet and cause back pain, joint problems, and muscle spasms.

SHOES PREVENT FOOT PROBLEMS

Poorly fitting shoes or extended time barefoot can cause problems such as ingrown toenails, corns, athlete's foot, and nail infections.

An extended period of improper foot support can cause arch collapse and joint pain. Poorly fitted shoes can lead to bunions and other serious problems.

SHOES PREVENT INFECTION

Going barefoot makes you susceptible to foot infection and injuries that can lead to infection.

Diabetics, in particular, should avoid going barefoot, as diabetic neuropathy (nerve damage), can lead to not noticing that there is an injury that needs medical attention.

PROPERLY FITTING SHOES RELIEVE PAIN

Shoes absorb the impact of your body weight as you walk. They also help to keep your body in proper alignment. Good shoes will provide arch support, reduce pronation, and straighten the foot. This helps to alleviate stress on the joints and helps to eliminate joint pain.

HOW DO I PICK THE RIGHT SHOES?

Here's What You Need to Know.

TIP 1

Shop for shoes later in the day, as your foot expands throughout the day.

TIP 3

Take a walk and determine how the shoes feel. Make sure the shoes fit snugly and don't have any tags or seams that irritate your foot. Try to walk on both carpet and hard flooring.

TIP 5

Make sure to have each foot measured, as feet can be slightly different sizes. Feet change with age, often growing longer and wider.

TIP 7

Pay attention to the width of the shoe as well as the length. If your foot feels compressed ask for a wider width style of the shoe.

TIP 2

Wear the same type of socks to try on the shoes that you intend to wear with the shoes.

TIP 4

Find shoes that fit from the start. You shouldn't have to break in a pair of shoes. If they pinch or are too snug in the heel or ball of the foot, pick another shoe or try a different size.

TIP 6

Press on the front of the shoe and make sure you have a half-inch of space between your big toe and the end of the shoe.

TIP 8

Sizes can vary between manufacturers, so go by your comfort level and not the number on the shoe.



Did you know that all of our offices have an on-site shoe store with fit specialists on hand to get you sized correctly?

STOP BY ANY ONE OF OUR THREE LOCATIONS AND GET MEASURED FOR A FIT YOUR FEET WILL LOVE!

7 5 7 - 9 3 4 - 0 7 6 8

