

Healthy Shoe Shopping

Shopping for healthy shoes should top the “must-buy” list for mmore important reasons than just a fashion-able new look.

Shopping for healthy shoes, however, can be a daunting task without knowing what to look for- but the following tips can make your purchases easy, smart and safe:

Before buying a shoe perform the “1,2,3 Test.” First, squeeze the back of a shoe’s heel and ensure that it does not collapse. Second, grab the front (toe box) of the shoe and make sure that the shoe bends where the toe’s would naturally bend in the shoe. Third, grab the shoe at both ends and try to gently twist. Shoes should never twist in the middle and should be rigid. If a shoe fails any of these three steps, don’t buy it. Never hand down footwear or wear a friends/ family members shoes. Sharing shoes can spread and encourage the growth of fungus and bacteria such as athlete’s foot, and regardless of shoe size, shoes can fit everyone differently. If the shoe is worn out you will be forced to walk in the other person’s gait pattern. No “break in” period required. Your shoes should be comfortable to wear immediately and should not require a break in period for comfort. Shop for shoes at the end of the day so you can determine right away if the shoe is comfortable, and your feet are alittle more swollen.

If you find that all your shoes are uncomfortable and you tried hundreds on at the stores and still can’t find a comfortable pair. It may be the alignment of your feet and a chiropodist can do a full assess and aid in giving you comfort.

Contact us at Family Foot Care if you have questions or concerns you’d like to address.