



VALLEY PODIATRIC  
WOUND CARE

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## PROPER FITTING SHOES



A good time to get measurements is at the end of the day when your feet have swollen and settled some. This will help with comfort throughout the day.



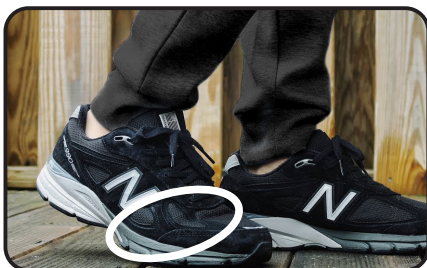
Most people have one foot that is larger than the other, so make sure you have both feet measured. Fit your shoes to the larger foot.

SHOES SHOULD FIT COMFORTABLY

AVOID POOR-FITTING SHOES



ADAM



The ball of your foot should fit comfortably in the widest part of the shoe.



Your heel should not slip or slide while walking.

### CHECK LIST

Shoes should be comfortable and fit well when you buy them.

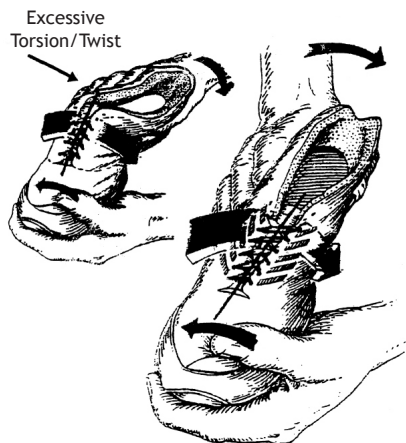
Shoes should only bend at the toe.

Change shoes every 3 - 6 months, depending on activity.

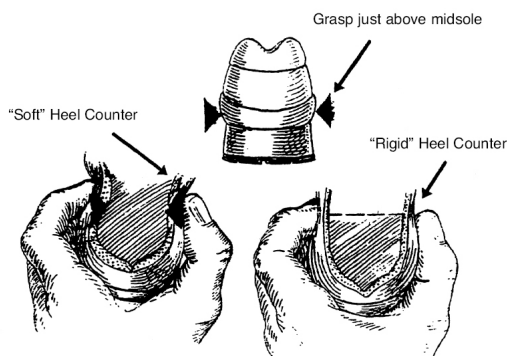
For Bunions / Tailors Bunion, choose a wide toe box.

Because of nerve damage you may not feel a shoe rubbing against the skin of your foot. Blisters and sores can then develop. This can be worse if toenails are long, thick, or jagged.

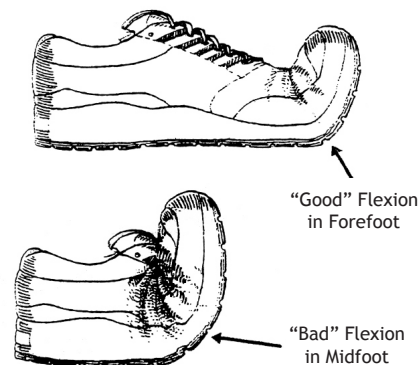
## THREE POINT SHOE TEST



1. Torsion Rigidity



2. Heel Counter Rigidity



3. Flexion Stability

### RECOMMENDED SHOE BRANDS

