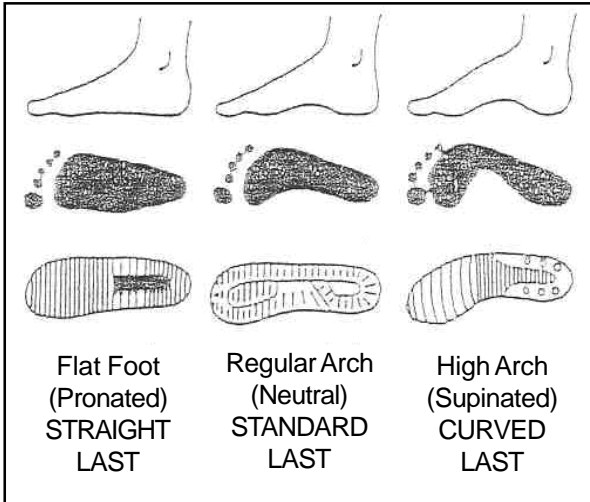




# How to Use This Shoe Guide



There is no “one best shoe” out there, but there is one best shoe for your foot! This guide will help you determine what the BEST shoe is for your foot. Shoes and feet come in three main shapes: Straight (flat foot), Slightly curved (regular arch), and curved (high arch). The most important aspect in getting the correct shoe for your foot is finding a shoe which is similar shape to your foot. Putting a flat foot in a curved shoe is like putting a square peg in a round hole - It just won't fit! To identify your foot type, look at your foot print on the bath mat after you step out of the shower. If it looks like a pancake, you have a flat foot. If it looks like a comma, you have a high arch. Try on two or three and pick the most comfortable pair. Shoes which have only one \* may not be perfect for your foot, but they are certainly worth a try.

## When to Buy New Shoes?

Athletes often come to our office complaining of an injury without any change in their training habits. They are puzzled by this new pain which has no apparent cause. They often say “and my shoes are only getting broken in”. Any wear in the shoe will only magnify and accelerate an already unstable foot structure. So, always think SHOES if a new injury does not seem to have a simple answer. Shoes are worn out if:

- A pair of shoes over 6 months old that you exercise in 3-4 times a week.
- Obvious holes or tears in the uppers
- A worn outer sole. If the black out sole has worn through to the white mid sole.
- A broken down mid sole. Set the shoes on a level surface and look at the back of the heel counter. If you can perceive any tilt in the back of the shoe, it is time to replace the shoe. Think about it, every time your foot hits the ground this shoe is going to throw your foot into an abnormal position!

## Checking for Fit

- Be sure there is at least a thumbs-width distance between the end of your longest toe and the end of your shoe. Remember, your longest toe does not necessarily have to be your big toe.
- Make sure that when the shoes are laced, no part of your foot bulges over the side of the shoe.
- It may sound silly, but the shoe needs to bend or flex at where the ball of your foot bends.
- There should be no heel slippage. The heel counter should fit snugly and securely.
- Make sure the two shoes are symmetric.
- There are no unusual or prominent seams inside the shoe.
- When the shoes are placed on a counter top and looked at from the back, the heel counters should sit perpendicular to the counter top. If there is any tilt to the back of the shoe, get another pair!