

**Many of you probably experience foot pain, knee pain, or back pain...**

**The problem may be with your foundation...**

**How to choose the best shoe for your foot...**

**Visit a specialty shop where the staff is knowledgeable** about matching the correct shoes based on your foot type and stride pattern. A good specialty store will have the latest computerized technology to aide in the evaluation of the foot for sizing, identifying pressure points and arch types.

**“Fit”** is more than a length and width measurement.

Feet are measured from the posterior end of the heel to the ball of the foot and also from the widest point medially and laterally. In addition to this, it is necessary to find out what type of arch you have. A low arched or flat foot is generally more flexible and may need a motion control shoe. Medium or neutral arched feet usually need a neutral or stability shoe. Feet with high arches are generally more rigid. This arch type may need a flexible or cushioned shoe for best results. Finally, make sure the shoe meets the requirements of your foot type.

**Choose the correct shoe** for the particular activity you plan to do. For example: running shoes need more ventilation versus walking shoes that need more stability control. Court shoes need more medial and lateral support.

**Consider having two pairs of shoes** for physical activities. Alternating between pairs will increase the life expectancy of the shoe by allowing the shoe to dry out and will also be healthier for your feet.

**Evaluate your shoes routinely.** The infrastructure of the shoe may break down before excessive tread-wear is seen.

**Corrective orthotics / insoles** can be a big help in supporting and comforting the foot. Most shoe manufacturers place generic liners in their shoes that don't support the arches of the foot and don't keep their original cushioned feel throughout the life of the shoe.

**Custom Orthotics** may be the best solution for problem feet. Custom foot orthoses are made specifically for each foot and can be made from a variety of materials for different activities

**Try on shoes later in the day** when your feet are at their largest size. The foot can sometimes grow ½ to 1 full size in the afternoon due to swelling.

**Bring the socks that you would normally wear** for the type of shoes you are purchasing. Evaluate your current socks. Are they causing blisters? Do they stay wet during exercise? New technology in socks offers bactericide to keep feet healthy and help to prevent athletes' feet. Moisture wicking properties help to keep your feet dry and healthy.

**Clean and maintain your shoes** with professional shoe care products. Machine washing and drying may change the integrity of the shoe and its life expectancy and is generally not recommended.

