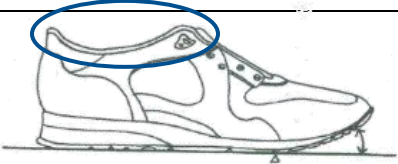
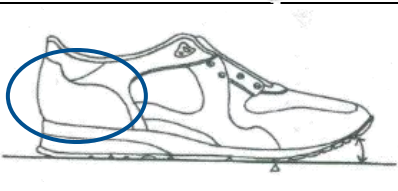
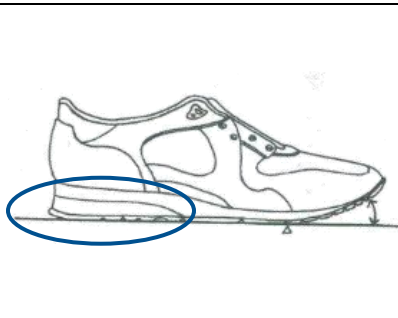
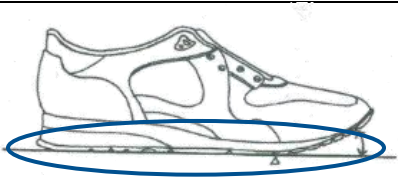
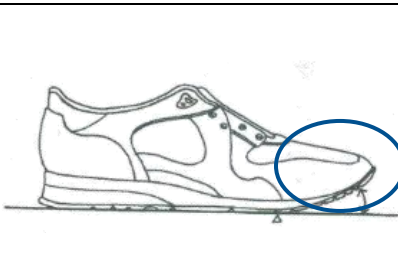
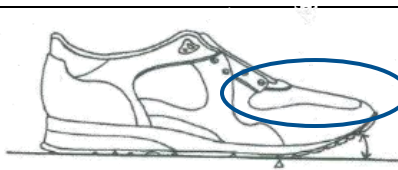
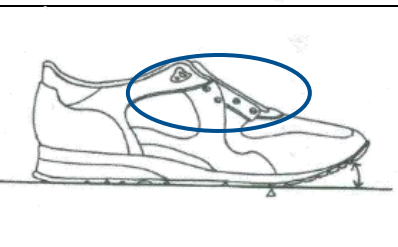


What to Look for in a Shoe

<p>Heel Collar (upper edge around ankle) Heel collar should be soft but should grip the heel firmly in order to cushion the Achilles tendon. If you can fit a finger behind the base of your heel, the shoe is too loose.</p>	
<p>Heel Counter (reinforcement around sides of heel) A firm snug heel counter prevents your ankle from turning in or out. To check the firmness of the heel counter, squeeze the back of your shoe and it should not collapse. Also, when squeezing the middle of the shoe, the sides of the shoe should not collapse.</p>	
<p>Heel</p> <ul style="list-style-type: none"> • Height of heel: A heel height of about 1 inch is comfortable for your knees and back. A heel that is higher increases the weight on the ball of your foot. • Width of heel: A broad heel provides a stable base. A 'flared' heel as found in some running shoes increases the size of the base and gives more stability. A wedge-shaped heel helps with shock absorption and provides a stable base. 	
<p>Outer Sole (bottom of shoe) The outer sole should be made of supportive, cushioned non-slip material to absorb shock and provide good traction. Consider slight bevel in the back and rounded at the front of the sole that encourages motion or creates toe tip, reducing force on the forefoot.</p>	
<p>Toe Box (the front of the shoe enclosing the toes)</p> <ul style="list-style-type: none"> • Width: the shoe should be as wide as your foot. A rounded or squared toe box will allow room for the natural shape of your foot. A pointed shoe can cause corns, calluses, bunions and blisters. • Depth and Length: the shoe should be deep enough in the toe area for the shoes to fit comfortably without rubbing and to accommodate any insoles necessary. 	
<p>Uppers (upper shoe material)</p> <ul style="list-style-type: none"> • Soft leather uppers will conform to the shape of your foot especially for people with tender toes or large deformities • Avoid seams on sensitive areas, particularly the toe area. 	
<p>Lace up Style</p> <ul style="list-style-type: none"> • Lacing ensures that the foot is held firmly and prevents the foot from sliding forward in the shoe. • Lacing also gives the option to adjust the shoe to allow for swelling and deformities using variable lacing patterns. • Elastic laces and Velcro can also be an option. 	

Consumer Tips

Keep the following points in mind when you go out to buy a pair of shoes:

- Your feet tend to widen as you age, so make sure the width and length of your feet are measured each time you buy shoes. Match foot and shoe shape.
- Both of your feet are not the same size. Have both feet measured and allow for ¼" space beyond the longest toe of the largest foot.
- Feet swell during the day, so have your shoes fitted late in the day.
- You cannot expect your feet to break into shoes. Make sure that the shoes are comfortable in the store. Walk briskly on a hard floor checking for tightness and rubbing.
- Insoles (arch support) take up foot space. If you already have insoles (orthotics), try on the new shoes with the insoles in them. If possible, purchase shoes with a removable insole.
- Make sure the shoe sole supports your foot at its widest point and is firm and can't be folded/not too soft.

Remember: Shoes are like splints for your feet. They can only help when you wear them!

Brands and Types

Some brand names of footwear to consider. Please make sure to be measured and fitted every year as your feet change:

- **Casual:** Merrell, Keen, Rockport, Clarks, Ecco, Reiker, Romika
- **Runners:** Asics, Saucony, New Balance, Brooks
- **Sandals:** Merrell, Reiker, Vionic, Ecco, Mephisto
- **Slippers:** Keen, Foamtreads, Haflinger, Skechers Go Walk, Crocs, Biotime, Podowell
- **Speciality Footwear:** PW Minor, Apex, Aetrex, Dr. Comfort, Biotime Sam, Podowell
- **Boots:** Kamik, Merrell, Rockport, Cougar

Dress Shoes – Men & Women

- broad heel
- firm heel counter
- good fit at heel (women's shoes: no sling backs)
- room in toe box- avoid pointed toe box
- cushion, padding, and arch supports built into shoes to increase comfort

Boots

- soles – should cushion against impact and be slip resistant
- shorter boots are easier to put on
- high boots need long zipper that extends into foot area

Orthopedic Sandals

- low heel
- heel cup to keep heel in place
- straps across toes and instep
- proper width to allow for toes
- cushioned foot bed
- arch and metatarsal support
- stable sole similar to walking shoe