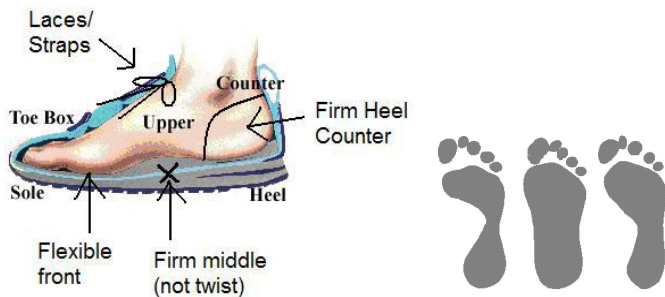# SHOE SHOPPING TIPS

- Buy in **the correct fit**: How? Put your foot to the back of the shoe, stand up, find your longest toe and make sure this toe has at least 1 cm space (about a finger width) from the front end of the shoe. If this space is more than 1-1/2 cm it is too long and if it's shorter than 1/2 cm is too short.
- Your widest part of the forefoot should be in the widest part of the toebox.
- Find shoes in the **late day/evening**, when feet are slightly tired and swollen. Be sure to walk around in them on a firm floor for **at least 5 minutes**.
- Wear / bring the particular **sock** you will be using for this shoe. **Sock materials** like cotton, wool, or synthetic Coolmax© polyester fibers better for you than nylons.

Features of a Good Shoe:

1. The <u>shoeprint shape</u> *matches your* <u>footprint</u> <u>shape</u>. Flat feet are straight, so they need to be in straight formed shoes.
2. **Strong heel counter** (wall around the heel) to prevent heel movement by firmly surrounding.
3. **Does <u>not</u> twist in the middle.** To test this: hold the shoe with one hand on the front half of the shoe and the other hand on the back half, then try to twist the shoe as if you were wringing a towel. If it is easy to twist, then don't wear it.
4. **Flexible** at the **forefoot** - where your toes naturally flex up.
5. **Laces or Velcro straps** to prevent the foot from sliding within the shoe. Also allows for adjustment when feet get swollen. Tie your laces firm, but not too tightly or loosely. *Tie your laces firmly every time you put your shoes on.*
6. **Rounded or square toebox** to allow room for your toes to move in.
7. The **outsoles** made of **cushioned, non-slip material** to absorb shock and to give good traction.
8. <u>No</u> heels 1-1/2 inches or higher.
9. **Broad base** for stability to distribute your weight evenly.
10. **Breathable Uppers:** top part of the shoe should be of breathable like leather or fabric. No vinyl or plastic because moisture will build up and cause fungus and bacteria to grow.
11. **No rough seams**. Use your hand to feel for any rough stitches and uneven layers.

high   low   normal

Shoe Shopping Tips for Runners

Runners should get new shoes every 400-500 miles (650-800 km) of running. Never wear running shoes worn for more than 2 years. A good resource website for a summary of running shoe types: http://www.runningfree.com/sizingcharts.aspx

- <u>**Flat feet**</u> should be **motion control** or **stability** shoes which are straight-lasted, have "dual density" material at the outsole's inner side of the heel & arch area which will prevent the feet from pronating (rolling in of the inner arch). E.g. **Motion control** for severely flat feet: *Asics* "Gel-Foundation"/ "Gel-Evolution", *New Balance* "840"/"940"/"1140"/"1260"/"1340". *Brooks* "Beast"/"Ariel". E.g. **Stability** for moderately flat feet: *Asics* "Gel Kayano"/ "GT-2100", *Nike* "Equalon", *New Balance* "860"/""/"1226", *Brooks* "Adrenaline GTS", Saucony "Grid Stabil", *Etonic* "Pro III/V".
- <u>**High-arched feet**</u> should be in **neutral cushioning** shoes which are curve/slip-lasted shoes and have air chambers or soft EVA material to aid in shock absorption. e.g. *Asics* "DS Trainer"/"Gel-Cumulus"/"Gel-Landreth"/"Gel-Nimbus"/"Gel-150"/"Gel-Kinsei"/"Gel-Kinetic", *Brooks* "Ghost", *Nike* "Air"/ "Pegasus", *Mizuno* "Wave Rider", *New Balance* "759"/"1064", *Saucony* "ProGrid Ride"/"ProGrid Triumph"
- <u>**Normal-arched feet which have stiff joints**</u> should be in **stable cushioning** footwear. e.g. *Asics* "Gel-1160"/"Gel-SpeedStar"/"Gel-Fortitude"/"GT-2160"/"Gel-Kinsei"/"Gel-Kinetic", *Mizuno* "Wave Inspire", *Brooks* "Ravenna"/"Nirvana", New Balance "840"

Recommended walking shoes: *Rockport* "World Tour"/ "WT Classic". For stability: New Balance "812"/"928"

Brand Names of Recommended Retail Footwear		
Only some styles are suitable, to use your common sense: no completely flexible outsoles, no high heels, no pointy toes, etc. *Boots		
Aravon	Sperry	Kids:
Blondo	Sorel*	Asics
Clarks	Rockport	Brooks
Columbia*	Romika	Geox
Cougar*	Josef Seibel	New Balance
Dansko	Timberland*	Saucony
Dr. Martens	Vionic	Stride Rite
Ecco	<u>Sandals:</u>	
Finn Comfort	Naot	
Geox	Keen	<u>Recommended Shoe</u>
Hush Puppies	Romika	<u>stores:</u>
Merrell*	Mephisto	- Soft Moc
Munro	Birkenstock (high arch)	- The Shoe Company
North Face*	Biotime &	- Shumaker
Pajar*	Portofino (our clinic only)	- Running Free
Privo		<u>Website Shoe Stores:</u>
P.W. Minor		- ShoeMe.ca
		- Vionic.ca
		-TheShoppingChannel.com

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