



Dr. Shane Explains...

How to Find the Right Shoe

The shoes you buy should match your sports and fitness levels. If you do a certain activity consistently, you should wear shoes made for that activity. In general, people who run or do aerobics need shoes with a lot of impact-absorbing cushioning. Walkers need shoes that have extra shock absorption at the heel and soles that provide a good roll off at the toes. People who play court sports need shoes that keep the ankle stable during side-to-side movements, which means that the sole can't be too thick.

Getting the Right Fit

The American Orthopedic Foot and Ankle Society recommends the following when shoe shopping:

- Have your feet measured at the end of the day when they are at their largest.
- Have both feet measured.
- Try on the shoes, because sizes vary by manufacturer.
- Make sure both shoes fit

Ensure that the shoe provides at least one thumb's width of space from the longest toe to the end of the toe *box*. Shoes should also feel comfortable through the arch, fit well across the ball of the foot, and hold the heel firmly.

Women should be cautious when selecting shoes because downsized men's shoes have long been offered as women's shoes. Some companies, including Nike, Asics, and Reebok, now offer models specifically designed for women. Saucony makes shoes that fit women's feet well, because their shoes tend to have narrower heels.

Keep in mind any foot problems you have and try to find a shoe that can accommodate them. If you have a history of ankle sprains, then perhaps you should have a high-top shoe for better ankle support. Have you had deep arch pain? Maybe you need a special arch support. Do you have bunions? Then you need a shoe with a wide toe box

