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## 10 Points of Proper Shoe Fit

1. **SIZE!** Buy fit, not size. Sizes vary among brands and styles so don't be wedded to a particular size.
2. Buy the type of shoe that is made for the use intended. A dress shoe means one thing, a shoe for standing all day means another. A shoe for walking is a different matter.
3. Select the shoe that is designed to support and fit your particular foot type. Your salesperson may have to help you with this.
4. Have both feet measured and fit the larger foot. Shop for shoes at the end of the day because your feet will swell throughout the day.
5. Have your new shoe fit with the particular sock, hosiery, or stocking that you intend to wear with them. Make sure you take your orthotics with you when you are purchasing new shoes.
6. Heel slip does not always mean that the shoe is too big. It could mean that you have a flexible foot. Ask your fitter for more information.
7. When standing, you should usually have 3/8" to 1/2" from your longest toe to the end of your shoe. Remember that your big toe may not be your longest toe. Take the liner out of the shoe and step on it, this way you can see where your toes end.
8. If you have a wide and/or square-shaped foot, pressure on the 5th toe (little toe) can be more important for fit than fitting the big toe.
9. Shoes should feel good when you buy them. Don't buy uncomfortable shoes hoping they will "break in" and feel good later.
10. Take your time buying a new pair of shoes. Walk around the store and listen to your feet. Ask a salesperson who is professional and understands feet as well as shoes.

**::Take care of your feet and they will take care of you. Remember that the most expensive shoes are those which sit, unworn, in the back of the closet because they are too uncomfortable to wear::**

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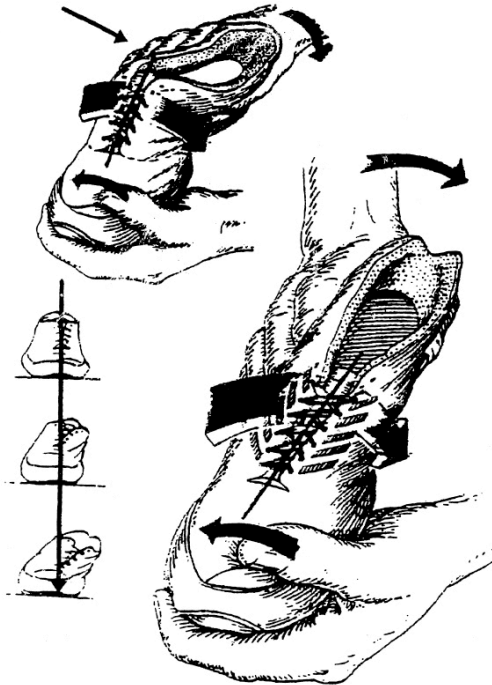
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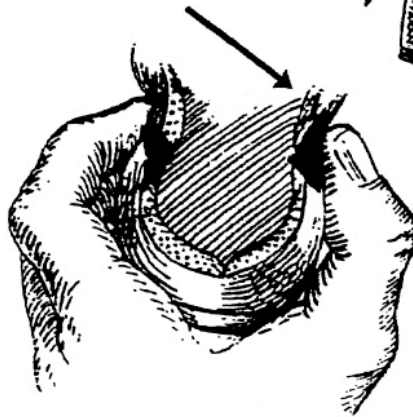
## The Three Point Test for Choosing Your Shoe

Excessive Torsion/Twist



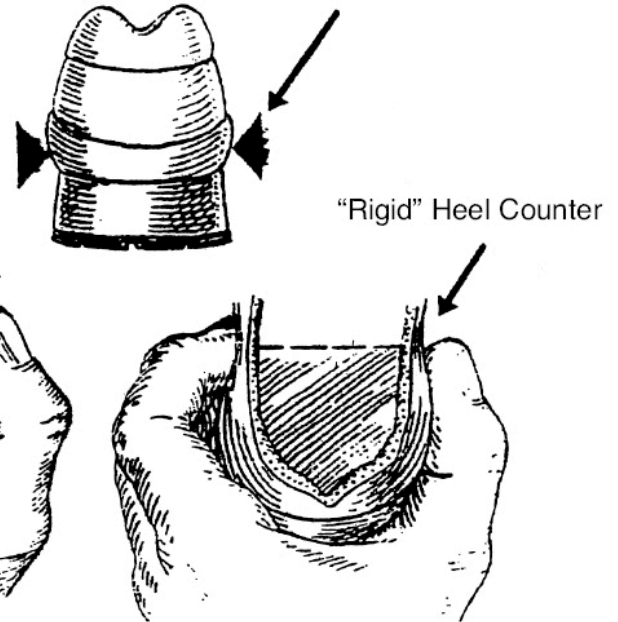
1. Torsional Rigidity

"Soft" Heel Counter



2. Heel Counter Rigidity

Grasp just above midsole

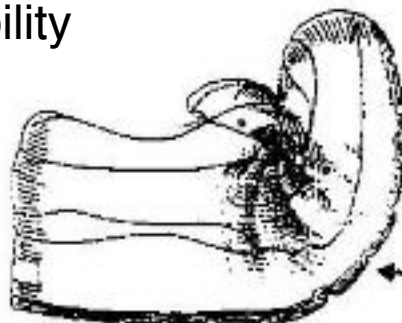


"Rigid" Heel Counter

3. Flexion Stability



"Good" Flexion in Forefoot



"Bad" Flexion in Forefoot