

Seven Tips for Buying Proper Footwear

1. The size and shape of your feet change as you grow older so always have both feet measured properly with a Brannock Device before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.
2. Most of us have one foot that is larger than the other, so fit your shoe to your larger foot.
3. Don't select shoes only by the size marked inside the shoe but by how the shoe fits your foot.
4. Don't buy shoes that feel too tight and expect them to stretch to fit.
5. Take the insole out and place your foot on just the insole. Your foot should rest within the boundaries of the insole to fit properly.
6. Walk in the shoes to make sure they fit and feel right. Then take them home and spend some time walking on carpet to make sure the fit is a good one.
7. Soles should provide solid footing and not be slippery. Thick soles cushion your feet when walking on hard surfaces. Low-heeled shoes are more comfortable, safer, and less damaging than high-heeled shoes.

Stylish Orthopedic Footwear

We are pleased to offer every size and width imaginable from these quality brands:



Bedford Clinic and Lab

(Serving the HRM, South Shore, Central Nova and the Valley.)
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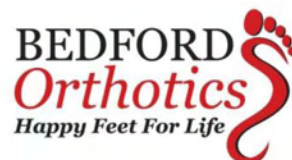
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Guide to Choosing Well-fitting Footwear

Your orthotics are only as good as the footwear you put them in.

Proper footwear fit and selection is vital to the success of your orthotics.

MY FOOT SIZE:

Left _____ Right _____

Courtesy of 

Happy Feet For Life



Expertise Relieving Foot and Related Pain Since 1988

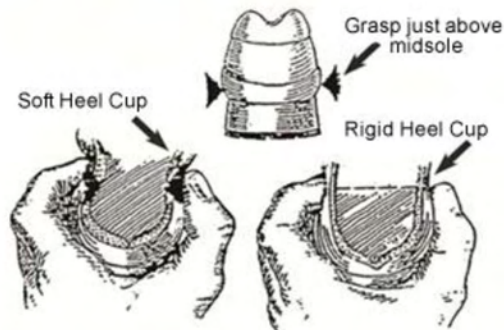
Five Simple Tests for Choosing Proper Footwear



1. Removable Insoles

Removable insoles are necessary to create space for your new orthotics. The insole can also be used to confirm the fit of the shoe by placing your foot on just the insole. Your foot should rest within the boundaries of the insole to fit properly. If your foot spills off the insole, then try on a bigger size shoe!

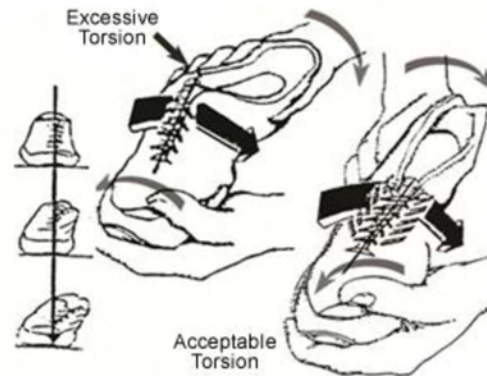
2. Rigid Heel Cup



RIGID HEEL CUP

The heel should be non-compressible and stay put during walking to avoid blisters. To check for firmness, do the Tomato Test and squeeze the heel feeling and looking for solid structure.

3. Torsion Stability



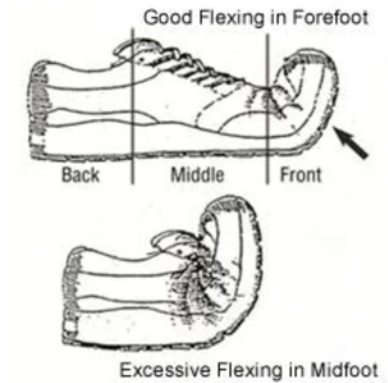
TORSION STABILITY

The shoe should be difficult to twist along its length. To check for stability try the Dish Towel Test and twist the shoe like you are wringing out a dish towel to look for minimal rotation.

4. Wiggle Room

You should be able to wiggle your toes upwards. Don't get shoes that feel too tight and expect them to stretch to fit. To check for healthy space push your thumb down at the big toe. You should have a thumb (1/3 inch) - width between the longest toe and the tip of the shoe.

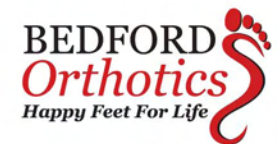
5. Correct Flex Point



CORRECT FLEX POINT

Visualize the shoe in thirds. Front one-third should easily flex at the ball of the toe. The other two-thirds (middle and back) should not flex or twist. In some cases we may recommend a rigid rocker.

DID YOU KNOW?



We Offer Complimentary Shoe Fitting Consultations

Contact us at 902 832 9292 for your complimentary custom fitting appointment to ensure proper fit.

*You can also order hundreds of stylish quality orthopaedic brands in every size and width imaginable with our **guaranteed fit, no obligation to purchase, policy.***