

# Ten Tips for Buying Proper Footwear

- 1.** The size and shape of your feet changes as you grow older so always have your 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 by the size marked inside the shoe but by how the shoe fits your foot.
- 4.** Select a shoe that is shaped like your foot. I.e. Our big toe is not in the middle of our foot.
- 5.** During the fitting process, make sure there is enough space (3/8" to 1/2") for your longest toe at the end of each shoe when you are standing up.
- 6.** Make sure the ball of your foot fits comfortably into the widest part of the shoe.
- 7.** Your heel should fit comfortably in the shoe with a minimum amount of slipping - the shoes should not ride up and down on your heel when you walk.
- 8.** Don't buy shoes that feel too tight and expect them to stretch to fit.
- 9.** 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.
- 10.** The upper part of the shoes should be made of a soft, flexible material to match the shape of your foot. Shoes made of leather can reduce the possibility of skin irritations. 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.

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

## MY FOOT SIZE:

Courtesy of

**BEDFORD**  
**Orthotics**  
*Happy Feet For Life*



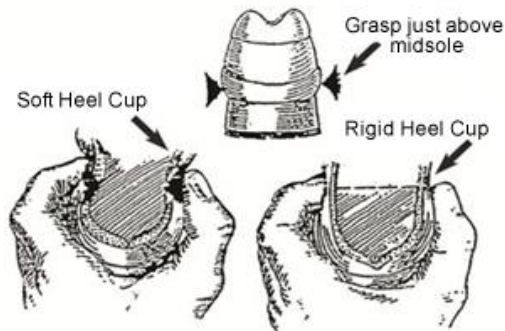
# Five Simple Tests for Choosing Proper Footwear

## 5. Correct Flex Point

### 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!

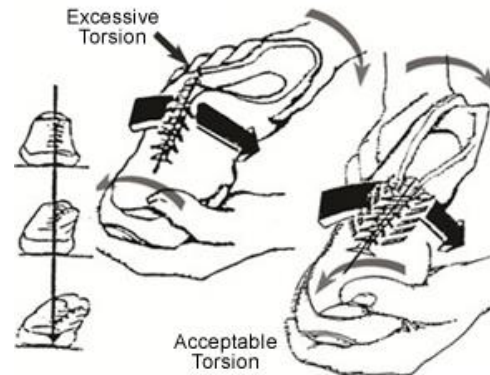
### 2. Rigid Heel Cup



#### 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

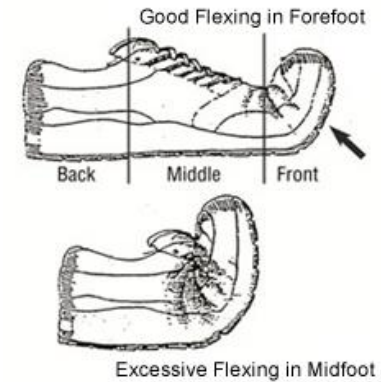


#### TORSION STABILITY

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.

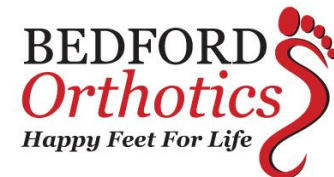
### 4. Wiggle Room

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's (1/3 inch - width) between the longest toe and the tip of the shoe.



#### 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.



#### 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 quality orthopaedic brands in every size imaginable with our full satisfaction, no obligation return policy.