

## Shoe Wear Considerations

The shoes you choose to wear may have a significant effect on how your feet feel. Improper shoe wear may also potentially lead to deformities of the feet over time. Often times, people are placed into inappropriate shoes despite being fitted at shoe stores. People may also mistakenly believe they are more flat-footed or have more of an arch to their foot than they truly do. An in-office examination is the best way to ensure you are in the appropriate shoe. Here are some basic ideas to consider when choosing a shoe.

- Shop for shoes at the end of the day. Your foot may swell up to a size during the course of the day.
- Shoes are not meant to fit like a glove. You should have a thumbs-width of space between the end of your great toe and the end of the shoe. Additionally, the width of the shoe is also important. Remove the existing insole from the shoe and step on it. Should your foot splay wider than the insole, the shoe is not wide enough for you.
- In general, especially if you are having problems with your feet, a supportive tennis shoe is often the best option. For people with flat feet, a motion-control shoe is recommended. This helps to support the collapsed arch. Look for a gray bar on the inside part of the shoe. This indicates increased thickness or density in this area of the shoe, which provides the additional arch support. For those with high arches, a neutral shoe is advised, which allows the foot to collapse down somewhat.
- New Balance and Brooks both consistently make a high-quality shoe for various foot structures. They also come in different widths. The New Balance Outlet on 290 near the Grand Parkway provides a quality shoe and a reasonable price. Look for models of # 700 or above. The higher model number indicates a higher quality shoe. Brooks shoes may be found in many places, however we recommend being fitted at Tru-Tri Sports at 16341 Mueschke Rd. The employees here are trained in fitting you with the appropriate shoe.
- For a nicer women's shoe, Marmi provides a selection of dressier shoes that provide reasonable support. They have locations at 4020 Westheimer Rd. in Highland Village, as well as at 9595 Six Pines Dr. in The Woodlands. Things to look for include a strap around the back of the ankle, a more rounded rather than a pointed toe box, and a stiffer sole without too much of a heel.

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