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Shoe Gear Size and Fit

Tips For Proper Shoe Fit



1. Purchase shoes at the end of the day, or after work or playing sports for best fit. Earlier in the day your feet are at their smallest and you may purchase shoes which are too tight.
2. Measure both feet. No two feet are the same size. Purchase shoes for the larger foot.
3. Wiggle your toes in the shoes. If you can't, the shoes are probably too small.
4. Walk around the store to ensure a comfortable fit before buying.
5. Try on shoes with the socks or hose with which you will wear them.
6. Don't rely on the shoe "stretching" to fit. Shoes should feel good when you try them on.
7. Ensure the widest part of your foot fits comfortably, but securely, in the shoe.

Shoe Fitting Tips

Children:

Feet are usually the last part of a baby to emerge during delivery. But they are one of the first things to worry parents. Here are some tips for healthy growing feet and ankles:

- When possible, allow babies to go shoeless.
- Use shoes for protection and balance when the child starts to walk.
- Leave ample space between the child's longest toe and the front of the shoe.
- Ensure shoes are held snug against the heel without slippage.
- Toddlers rarely say their shoes don't fit, so look for irritation, blisters, uneven wear, excessive perspiration or pain.

Pregnancy:

During pregnancy, a woman's feet may grow a half to a full size permanently. Simple things women can do to ease pregnancy-related foot discomfort include:

- Wear an arch support to help support the extra weight feet will be carrying during pregnancy.
- Wear athletic or running shoes with a roomy toe box.
- Wear support stockings to minimize foot and ankle swelling.

Diabetes:

People with diabetes may lose feeling in their feet, become more susceptible to injury, and have a harder time healing sores. To prevent serious damage, including ulcers and infections, take special precautions including:

- Wear cushioned, athletic, walking or casual shoes.
- Wear a good arch support to reduce pressure to the heel and ball of the foot.
- Examine feet daily to ensure good foot health.
- Have bi-annual examinations by a podiatric surgeon who is a member of the American College of Foot and Ankle Surgeons.

Your Feet Should Not Hurt!

People often have foot pain and believe there is nothing they can do about it. The fact is a podiatric surgeon treats problems such as heel pain, arch pain, birth deformities, tumors, arthritic and diabetic foot deformities, ankle sprains and fractures, bunions and hammertoes, and other conditions. Your foot is a network of 26 bones, 33 joints, 107 ligaments and 19 muscles. One quarter of all bones in the human body is in your feet. On average, you take several thousand steps every day. Each step and every sport in which you participate places great pressure on the foot and ankle. Running can increase the force on your feet 3-4 times your body weight. It is no wonder most people experience foot and ankle problems during their lifetime. Ill-fitting shoes contribute to many foot problems.

Schedule an appointment to visit with Beverly Hills Foot and Ankle Center to determine which treatment is likely to be the most successful in your case.

Disclaimer: This is meant as a guide and shall not be used as a substitute for proper medical care and/or explanation by your treating doctor. We have used all reasonable care in compiling the information but make no warranty as to its accuracy in specific situations. If there are any questions, please feel free to contact us.