SHOE FITTING GUIDELINES

Choose properly fitting shoes that conform to the natural shape of your feet. You can trace your feet and take the templates with you when shopping for shoes.

Shop for new shoes at the end of the day when your feet become larger after standing or sitting all day. Be certain to put on both shoes and walk around to be sure that they are comfortable.

Sizes vary among shoe brands and styles. Judge the shoes by how it fits rather than by the size marked. Fit the shoes for the larger foot. One foot is usually longer and the other wider.

Make sure that the ball of your foot fits into the widest part of the shoe and make certain that it is not too tight. You should be able to gather or pinch some of the material on the top of the shoe; it should not be so taught that you cannot grab it.

Choose shoes that have length for all of your toes. Approximately ½ - ¾ inches from the end of the longest toe is appropriate.

A number of athletic shoes have thick (3/8 - 1/4 inches) removable innersoles that accommodate custom foot orthoses. Some suggestions are: New Balance, Brooks, Nike, Easy Spirit, and Asic. If you prefer a dress casual shoe that is extra depth then: Drew, PW Minor, Clarks, SAS and Echo are generally appropriate.