



SELECTING THE RIGHT EXERCISE/SPORTS SHOE

GENERAL GUIDELINES:

- 1) Shop late in the afternoon or after a workout when your feet are slightly swollen.
- 2) Try on the shoes with the socks you will be wearing with these shoes.
- 3) Choose a store that has several brands and styles

SHOES:

- 1) Should be flexible, especially at the ball of the foot. If not, they can put undo stress on the Achilles tendon or the plantar fascia.
- 2) Should have a stiff heel counter (back of shoe) for support and stability. The heel should be elevated about one inch for runners.
- 3) Should have an arch higher and more supportive than regular shoes, unless your foot turns in (pigeon-toed) when walking.
- 4) Should be comfortable when you first try them on in the store. There should be no points that rub or press on the foot.
- 5) Should have well-cushioned soles on bottom and extra cushion inside with space to add an additional layer if necessary.
- 6) Should have a toe box (front of she) wide enough and high enough to allow toes to wiggle and long enough to allow a finger's width between the big toe and end of the shoe.
- 7) Should fit the special needs of your sport.
- 8) Both shoes should be made even – uneven sewing or padding unless prescribed will put uneven strain on the feet and legs.