



Toe Nail Trimmers LLC

SHOE FITTING

The best method of fitting shoes is to use a shoe store that provides fitting as part of its service. In this day, it is difficult to find shoe-fitting service so we provide this information as an alternative.

General Tips

- Sizes vary in brands and styles. Do not select by the marked size. Judge the shoe by how it fits on your foot.
- Select a shoe that is near the shape of your foot.
- Have your feet measured. The size of your feet changes as you age.
- Measure BOTH feet. Most people have one foot larger than the other. Fit the largest foot. Try on both shoes.
- Fit shoes at the end of the day when your feet are largest.
- Stand during the fitting process and make sure there is ½ inch for your longest toe at the end of each shoe. You should be able to freely wiggle all of your toes.
- Make sure the ball of your foot (widest part) fits comfortably into the widest part of the shoe.
- If the shoes feel tight, don't buy them. There is no such thing as a "break-in period." They should feel comfortable as soon as you try them on.
- Your heel should fit comfortably into the shoe with minimal slippage.
- Walk in the shoe to make sure it fits and feels right.
- Make sure shoes or slippers have a non-skid sole.
- Laced shoes are safer than slip-ons, but keep the laces tied. Velcro is a good alternative.
- A long-handled shoehorn can help with putting on shoes.
- Never walk in your stocking feet.
- Women who cannot find wide enough athletic shoes should shop in the men's shoe department.

Measuring for Shoe Size

One simple method for helping buy shoes for you or for someone else who can or cannot come along to the shoe store is to draw the size on a paper and take it along to the store.

Procedure

Equipment needed.

- 2 large white pieces of paper
- Marker pen
- Assistant

1. Have another person help you with this procedure.
2. Use a large white sheet of paper for each foot. Lay the paper on the floor and stand on the paper with bare or stocking feet.
3. Hang onto something when you do this as the paper can be slippery and the danger of falling is increased.
4. Have your assistant use a marker pen and draw the outline of your feet onto the papers.
5. Make sure they draw very close to your foot in order to trace an accurate outline of your foot size.
6. Label these papers for the Right and Left feet.
7. Take the papers to the store when shoe shopping.
8. Place the shoes onto the papers to determine proper shoe size. If you can see the marker line with the shoe on the paper, the shoe is not properly sized.

Reference:

American Academy of Orthopaedic Surgeons, 2007. Footwear and Falls.

American Orthopaedic Foot & Ankle Society, 2007. Footwear Guide.

American Orthopaedic Foot & Ankle Society, 2007, 10 Points for Proper Shoe Fit.