

Fitting Tips:

Keep in mind:

1. When fitting new shoes, wear the kinds of socks or stocking that you normally wear. Socks should not bunch or be too tight
2. Measure both feet. Select sneaker size based on the larger foot if in fact one is longer than the other (Foot length discrepancy is common).
3. A shoe size in one particular brand of shoes may be different in another brand
4. Try to fit shoes at the end of the day, as your foot is often larger
5. Never feel that shoes must be broken in or stretched out. Do not buy shoes that don't feel 100% comfortable at the store.
6. Refrain from buying shoes over the internet. The act of physically fitting a proper sneaker is extremely important
7. Sneakers should be replaced every year. If there is significant wear and tear then it should be replaced sooner.

Try checking with your local stores to see if they sell two different size shoes!

T H E F I T T I N G T R U T H

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THE FITTING TRUTH

How To Make Sure Your Shoes Fit!

Read more to find out how you can prevent injuries just by wearing properly fitted shoes!

Information you should know:

Wearing properly fitted shoes can allow for pain free activity for your whole life. Majority of people, whom are experiencing lower extremity pain, are wearing shoes that are too big, and a small fraction of the population is wearing shoes that are too small.

Shoes that fit properly prevent common injuries such as: plantar fasciitis, lower back pain, runner's knee, and shin splints.

Shoes need to be properly fitted for everyday activities, not just exercise!

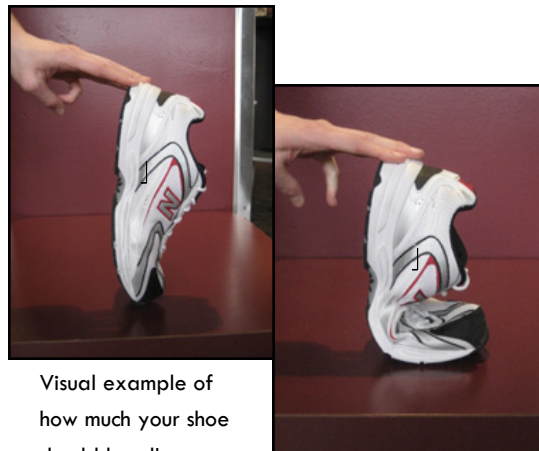
Improper fittings are a result of consumer choices, such as a preference towards a 'better' looking shoe or the assumption that their shoe

size is always the same. There are no specific units to a shoe size and the footwear industry does not adhere to a universal sizing system.

Our goal is to provide you with the ability to choose a shoe that fits correctly.

How to Fit Your Shoe:

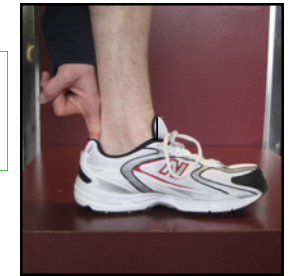
1. Measure the length and width of your foot while standing
2. Select size and take shoe out of box
3. Hold shoe vertical and place three fingers on the heel (as shown below)
4. Push down with three fingers to make sure the front of the shoe bends easily. (shown below) If it does not bend easily, select a different shoe.
5. Put shoe on and tie shoestrings. If there is an extra hole behind the top hole, do NOT use it.
6. Put foot vertical so the tips of your toes are against the ground
7. Tap 4 times
8. Place foot back on the ground
9. If you can fit a whole finger between your heel and the back of the sneaker, then the sneaker is too big.
10. Walk around the store to make sure you have the right fit. Take your time!



Visual example of how much your shoe should bend!



(to the left) this shoe is too big. The whole finger goes into the back.



(to the right) the finger can not fit in the back

Common Problems/Injuries:

1. Morton's neuroma (pinched nerve in front of foot)
2. Plantar fasciitis
3. Calluses and corns
4. Ankle sprains and stress fractures
5. Ingrown toenails
6. Bunions

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Visit www.apma.org for more information regarding foot health.

Please consult your physician if you are experiencing long term pain or need more information.