

Here are a few guidelines to keep in mind as you shop or choose your footwear for the day:

- ◆ ***Get your hands on the shoe.*** Buying on the internet can be tricky, especially if you are not familiar with the shoe. How it looks may be deceiving. (See our tips for good shoe characteristics.)
- ◆ ***Get your foot in the shoe.*** There is nothing like trying it on.
- ◆ ***Match the event to the shoe.*** A day involving walking on concrete is not a good day to wear stylish non-supportive shoes. But these shoes may be fine for an event involving minimal walking or standing. Even at home, if you are going to be on your feet much consider that is not the time to wear slippers or flip-flops.
- ◆ ***Don't be fooled by a name brand.*** Some famous brands make some bad models. Check out the shoe.
- ◆ ***Don't be fooled by the price.*** High price doesn't always mean a good shoe, and sometimes great shoes go on sale. Put your hands on the shoe and decide for yourself.
- ◆ ***Choose your battles.*** Non-supportive footwear may be tolerated at times by a person who is not already battling with foot, leg, or back issues. Those dealing with such problems may exacerbate them by wearing inadequately supportive footwear even for a little while.

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- ◆ **Call** and speak with one of our therapists.
- ◆ **Go to our website www.aptfc.com** —it's loaded with information!
- ◆ **Visit** one of our offices and pick up informational brochures on a variety of topics.
- ◆ **Schedule a screening**—a 20 minute consultation with a therapist, free of charge.
- ◆ **Schedule an evaluation** - A full history and physical, with education as to your condition and treatment plan.

In many cases a referral may not be necessary, and insurance may cover.

Se habla español

PT Tips and Tricks: Choosing Shoes



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Footwear

Knowing what's best for your feet and body



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The most important piece of clothing on your body.....



Seriously! This is no exaggeration! Supportive shoes are vital for promoting optimal biomechanical alignment and function of not only the foot, but also the legs, hips, and spine. In fact, proper foot support can help prevent or minimize many common problems such as plantar fasciitis, patella femoral pain syndrome, and osteoarthritis of the knees, hips, and spine.

Shoes come in so many shapes and styles! How can we know what's best? Well, a little bit of information can carry you a long way. The characteristics of good footwear apply across the board—from an athletic shoe to a dress shoe. It's just typically easier to find these characteristics in athletic shoes. Consider these tips for *any* footwear:

1. *Heel Stability*—a firm heel counter prevents excessive inward or outward motion at the ankle. The heel portion should not crush when pressed, or move side to side. This is sacrificed in a sandal or open back shoe.



2. *Curved Last*—a supportive shoe will have a curved sole or last which complements the natural motion of the foot. A straight line drawn from the middle of the heel to the forefoot should fall closer to the outside, as seen here.



3. *Mid-foot Stability and Forefoot Flexibility*—A shoe needs to bend in the forefoot (front) to work with the natural rocker system of the body. It should not bend in the middle under the arch, but should be rigid and supportive here. Also consider that clogs, while certainly rigid in the mid-foot, do not allow flexibility in the forefoot.



4. *Arch Support* — In standing you should be aware of the arch of your foot contacting the arch of the shoe. This should be subtle, not excessive or uncomfortable.

