

Footwear Advice

What should you be looking for?

- The toe should only be able to bend where your foot bends (at the big toe joint).
- The shoe should resist you being able to twist it (being wrung out).
- The heel counter should be fully enclosed and should be firm (i.e. it should be hard to squash it down).
- The toe box should be deep and roomy to allow plenty of room for your toes to move.
- You should be able to fit a thumb nail between your longest toe and the end of the shoe *note - sometimes your big toe is not your longest toe!
- If you have one foot longer than the other (very common!) make sure that you're fitting to the larger foot, not the smaller one.
- There should be some type of fastening mechanism (buckle, belt, strap, elastic or laces).
- The height of the heel should ideally be less than 2.5cm.
- There should be a gradient between the heel and the toe - ie shoes that are dead flat will end up putting a lot of pressure on the front of your foot and also your calves.
- The curve of the shoe should match your foot! (Your podiatrist will let you know).
- The midsole of the shoe should be firm, yet be able to absorb shock.

