

At Family Foot & Ankle Specialists we know our patients want to get back on their feet and resume normal activity, but when your feet hurt everything hurts!! The answer is finding the right products that match your unique foot care needs and provide true customized comfort.

The first step to customized comfort is to identify the 3 essential elements of your feet- your foot type, arch type and pressure points.

**1st Essential :FOOT SIZE.** Your foot size changes throughout your life and an improper fit can often lead to discomfort. Aetrex footwear comes in multiple widths and offers unique features that help provide a comfortable, customized fit.

**2nd Essential: Arch type.** Low, Medium, or High. Identifying your arch type is as important as your foot size. Aetrex shoes and orthotics can be integrated to provide optimal comfort for your specific arch type.

**3rd Essential: Pressure Points.** Customized comfort requires a pressure free environment in your shoes. With Aetrex orthotics and Mozaic Customization, specific pressure points can be quickly relieved to help ensure maximum comfort.

### What are Orthotics?

Orthotics are prepared foot supports that are used to treat many different foot disorders. Orthotics are designed to be worn under the heel and arch of the foot to help relieve pain, absorb shock, and correct abnormalities. Many people suffer from hyperpronation (flat feet) and hypersupination (high arches) which will cause instability in the foot, and other areas, leading to pain from excessive stress and strain. Orthotics work to ease these issues and improve foot functions. Orthotics will also help to relieve pain in other areas of the body such as ankles, legs, backs, knees, and hips.

There are two types of orthotics; prefabricated and custom. The prefabricated, or over-the-counter (OTC) may treat mild foot discomfort, but is not that effective in treating mild to severe pain or chronic foot pain. The problem with OTC orthotics is that every person has their own unique foot shape and size. A generic orthotic may not fit your foot properly, which will decrease its functionality



**The fitting-** Here is some tips to help reduce the risk of foot problems. Use this guide when you shop for shoes:

- ➔ Fit new shoes to your largest foot. Most people have one foot larger than the other.
- ➔ Have both feet measured every time you purchase shoes. Your foot size increases as you get older.
- ➔ If the shoes feel too tight, don't buy them. There is no such thing as a "break-in period."
- ➔ Most high heeled-shoes have a pointed or narrow toe box that crowds the toes and forces them into an unnatural triangular shape.
- ➔ Sizes vary among shoe brands and styles. Judge a shoe by how it fits on your foot - not by the marked size.
- ➔ There should be a half-inch of space from the end of your longest toe to the end of the shoe.
- ➔ Try on both shoes.
- ➔ Try on new shoes at the end of the day. Your feet normally swell and become larger after standing or sitting during the day.

At Family Foot & Ankle Specialists, we have a Certified Pedorthist who is able to handle all of your footwear needs!

### What Is A Pedorthist?

A Pedorthist is a specialist in using footwear such as shoes, shoe modifications, and orthoses. They are highly skilled at using footwear to solve problems with the feet and lower limbs.

“People do not realize their footwear greatly influences their feet, and can create or eliminate pain,” says Dawn Lewis, Certified Pedorthist at Family Foot & Ankle Specialists. “Footwear is an essential part of a treatment plan when the foot or lower limbs is involved.” “It’s usually during the summer season that people realize how much their feet hurt during limited activity. Just a walk around the park can cause crippling pain for many people,” says Ms. Lewis

### What To Look For in a Good Shoe:

- ✓ Avoid shoes that have seams over areas of pain, such as a bunion.
- ✓ Avoid shoes with heavy rubber soles that curl over the top of the toe area (such as seen on some running shoes), as they can catch on carpets and cause an accidental fall.
- ✓ Flat shoes (with a heel height of one inch or less) are the healthiest shoes for your feet. If you must wear a high heel, keep to a heel height of two inches or less, limit them to three hours at a time and take them off coming to and from an activity.
- ✓ Laced, rather than slip-on shoes, provide a more secure fit and can accommodate insoles, orthotic devices and braces.
- ✓ Look for soles that are shock absorbing and skid resistant, such as rubber rather than smooth leather.
- ✓ The shoe should be made of a soft material that has some give, like glove leathers

## Did You Know 80% of People are Wearing the Wrong Size Shoes?



**Foot Pain Can EASILY Be Prevented or Relieved with the Proper Fitting Shoes**