



# 5 THINGS YOU NEED TO LOOK FOR WHEN BUYING SHOES

*Tips from a Pedorthist for a Better Fit*

**Hi, my name is Christy Shantz.** I've helped over 8000 people feel better on their feet. As a Canadian Certified Pedorthist, I've seen firsthand just how painful having poor-fitting and non-supportive shoes can be.

In this guide, you'll find my TOP TIPS for purchasing off-the-shelf shoes that fit properly. These tips work regardless of what type of shoe you are buying. However, if you want even MORE support inside the shoes, I urge you to consider giving us a call at 519-660-6550 and book an appointment to discuss how to alleviate pain, pressure, and discomfort in your feet. Everyone gains the benefit when purchasing properly fitting shoes and supportive footwear.

**I Hope you enjoy the guide.**

## **Christy Shantz**

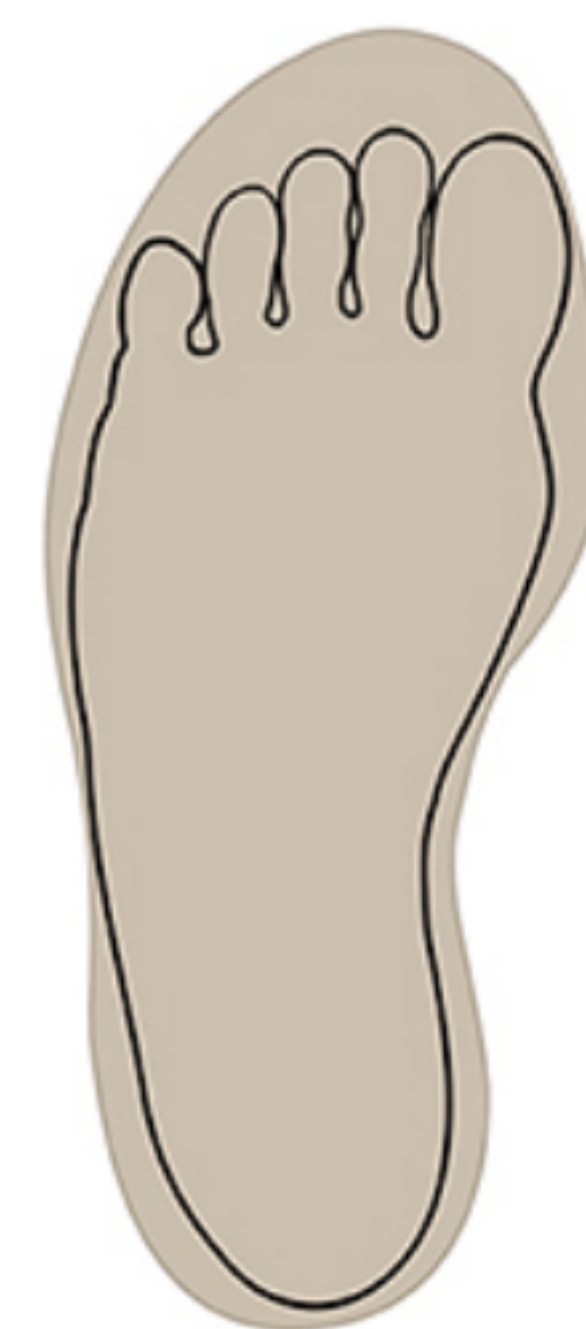
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# **Match Your Shoe**

# Shape to Your Foot Shape

Look for a shoe that matches the shape of your foot. A wide, square shaped foot won't fit properly into a pointed toe shoe! Look for a shoe that works with the shape of your foot.

If you are unsure,

Stand on a piece of paper and trace the outline of your foot. Is it square, round, or pointed? Now look at the shoe -- is the shape square, round or pointed? If it doesn't match, this may not be the shoe for you.

If possible, remove the insole from the shoe and stand on it. Your toes and feet should be contained on the insole, in order for the shoe to fit properly.



**Always Try**

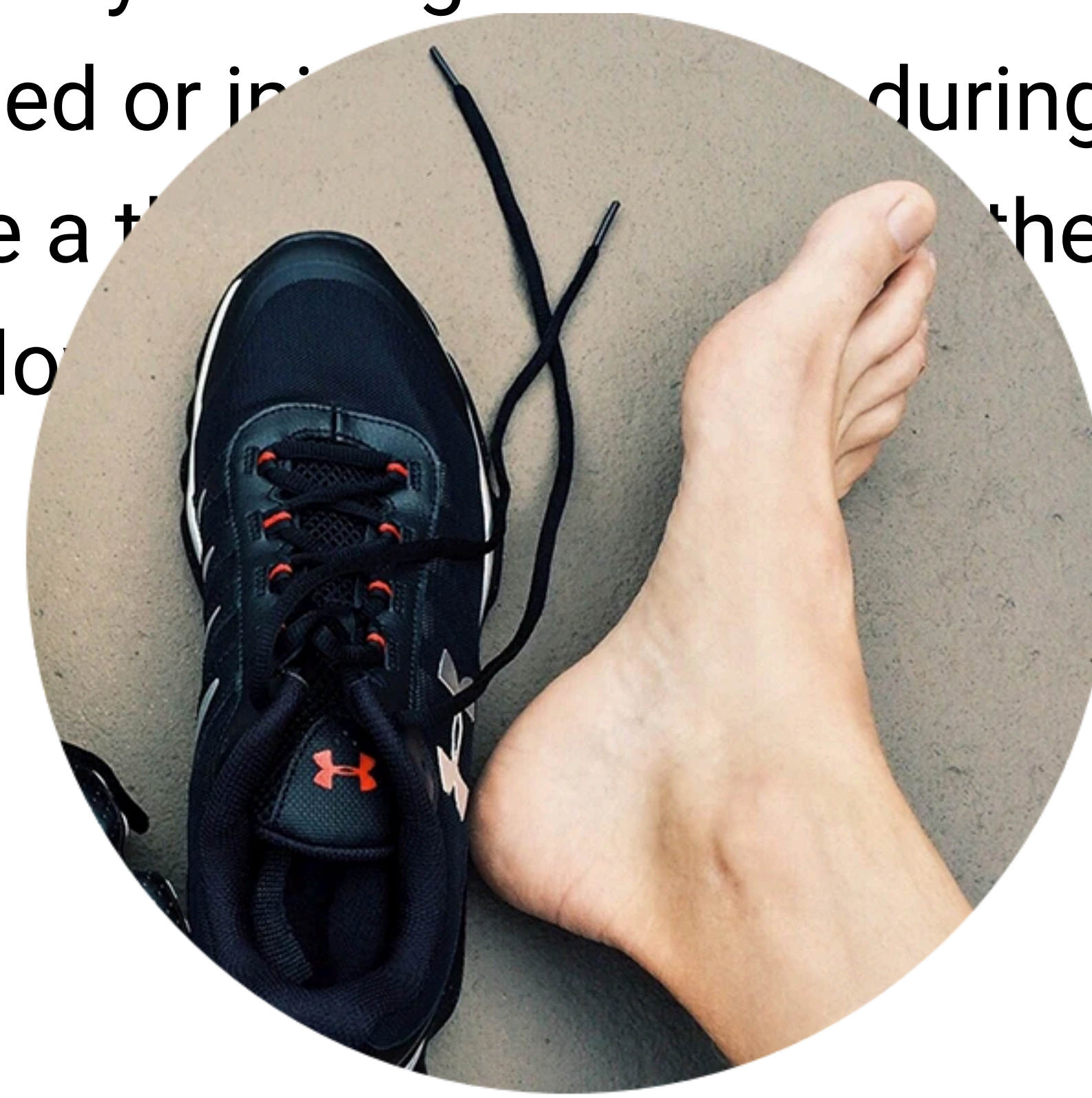
## on BOTH Shoes

Always try on both shoes. Most people usually have one foot slightly larger than the other. The shoe must fit the larger and wider foot. There are tricks to fill the shoe to ensure the smaller foot fits properly. However, the shoes must feel good on both feet.

## Leave Some Space at the End of Your Toes

When walking, your toes spread and lengthen as you move in the shoes. It is best

to leave a pinky finger's width between the end of your longest toe and the end of the shoe. This will cut down on the risk of bruised or injured toes during activity. For children who are still growing, leave a thumb's width between the end of the longest toe and the end of the shoe to allow for growth.



## Try on Shoes At the End of The Day Or After You've Been On Your Feet

When you are up and standing on your feet throughout the day, the legs and feet swell. This is when the feet are at their biggest. Shopping for shoes at the end of the day will ensure the shoe fits even when your feet are at their largest or swollen after a long day on your feet.



## Size is Just a

## Number

If your feet were once a size 7.5 2, it doesn't always mean you will be that size forever. As we age, the feet change over time, they tend to flatten, becoming longer and wider causing our feet to "grow." Additionally, every brand of shoe fits the foot differently. The size you are in one brand may not fit the same as the exact same size in another brand. Find the shoe that fits you now. If your foot is wider, try finding a shoe with a larger width rather than going up a size in length.

**Book an appointment for  
an assessment with one of  
our certified pedorthists  
TODAY!**

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