



Foot Health Fact Sheet

INCORRECTLY FITTED SHOES

Did you know?

Most people have one foot that is larger than the other. Make sure you have both feet measured – and fit your shoes to the larger foot.

You may be wearing incorrectly fitted shoes and simply not be aware of this. Whatever the circumstance, here is how you can help to ensure your shoes fit correctly.

How do you know if your shoes fit correctly?

Here are some tips to help ensure your shoes fit correctly.

- Are you in pain? Pain is the most obvious signal that your shoes are ill-fitting – does taking your shoes off give you relief? This is your biggest clue!
- Is there enough space between your longest toe and the end of the shoe? Look for around 1.5 centimetres of space ideally. Remember, your big toe may not always be your longest toe.
- Have you tested a range of surfaces? Check how your shoes move with your feet when walking on carpet, tiled areas or other surfaces – your heels shouldn't move inside your shoes on any surface.
- Have you looked at the widest part of the shoe? This should match where the ball of your foot sits, that is, the widest part just before your toes.
- Have you had your feet measured by a professional? Ideally have your feet measured before buying shoes – preferably at the end of the day, as this is when your feet are at their largest.

What ailments can be caused by incorrectly fitted shoes?

These include:

Plantar fasciitis – you may experience a deep ache or shooting pain in the heel if you have plantar fasciitis.

Bunions – can present as a swelling or deformity of the first joint of the big toe.

Blisters – can be caused by a range of reasons, but a friction blister is usually caused by tight shoes that create irritation through the foot rubbing against the shoe.

Metatarsalgia – this condition is when the ball of the foot becomes so inflamed it can be unbearable to stand or walk.

Corns and calluses – can be caused by continuous friction between the foot and the shoe, which can be avoided by wearing correctly fitted shoes.

Where can you go to get shoes fitted correctly?

A podiatrist is able to assess whether your current shoes fit correctly and make recommendations if not. When in store, ask to be professionally measured and fitted before buying any shoes.



Find a podiatrist at foothealthaustralia.org.au

This fact sheet is available as a download from foothealthaustralia.org.au



DO YOU NEED TO SEE A PODIATRIST?



DOES THE FOLLOWING APPLY TO YOU OR YOUR FAMILY?

- Can you only walk for a short period before your feet or legs hurt?
- Do you experience pain in your lower limbs at night?
- Do you experience tingling in your feet?
- Have you noticed your legs or feet are swollen?
- Do you have cuts or fissures on your feet that take a long time to heal?
- Are you returning to sport after an injury?
- Are you uncertain about which running or sports shoe to buy?
- Do you find that you wear out the outside of your shoes quickly?
- Have you noticed your toes poke holes in the top of your shoes?
- Does your forefoot become hot and painful after running or walking?
- Do your hips hurt?
- Has pain in your feet or legs stopped you from exercising?
- Are you worried about your child's feet?
- Do you have arthritis in your feet?
- Do you experience reoccurring gouty attacks?
- Are you worried about the thickness of your nails?
- Do you have discoloured toe nails?
- Are you worried about your foot odour?
- Do your toe nails cause you pain?
- Have you noticed your toes are clawed?
- Do you have hard skin on your feet? Is it getting worse?
- Do you find it hard to cut your own nails?
- Do you find it hard to fit your feet into shoes because of your bunion?

Ticked one or more boxes? Then you need to see a podiatrist.

GO SEE A PODIATRIST BECAUSE...

Podiatrists are Foot Health Experts and understand the structure and movement of your feet and lower limbs.

They can assess, diagnose and treat foot, ankle, knee, leg or hip pain.

Given your feet alone house a quarter of the bones in your entire body, a podiatrist is best placed to get you moving, active or pain-free.

FIND A PODIATRIST NEAR YOU

Head to **foothealthaustralia.org.au** and search by postcode or suburb to find a podiatrist close to you.



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