



CHOICE
EXPERIENCE
COMPASSION

The Center
for Physical Rehabilitation

THE RIGHT FIT FOR YOU

IT CAN BE OVERWHELMING TO LOOK AT THE NUMBER OF RUNNING SHOES IN THE STORE AND TRY TO FIGURE OUT WHICH ONE WILL BE THE BEST SHOE FOR YOU.

Before you give up or grab the one in your size that happens to be the color you like take a minute to be sure that the fit is correct for you.

SIMPLE STEPS TO A GOOD FIT

- 1. THE HEEL:** Your heel should fit snug, but not tight. When your shoe is laced up but not tied, you should be able to slide your foot out. You should have some heel movement but not enough to cause irritation. Too much movement can lead to blister, Achilles or heel pain with activity
- 2. INSTEP:** A shoe should always feel snug and secure to your instep. If you are feeling pressure or tightness that shoe is the wrong fit for you. If the shoe feels great but just has pressure under the laces, try to lace in a different way, before giving up on the shoe.
- 3. WIDTH:** Your foot should be able to move side-to-side in the shoe's forefoot without crossing over the edge of the insole. If a shoe is too narrow you will get that uncomfortable feel at the base of your little toe against the edge. This irritation can lead to soreness with activity and a change in your gait, which can cause several issues down the road.
- 4. LENGTH:** Feet swell and lengthen over a run, so make sure there's a thumb's width of space between your longest toe (which isn't always the big toe) and the end of a shoe. Your toes should wiggle freely in the shoe.
- 5. FLEX:** Check the flex point before you put on the shoe. You can do this by holding the heel and pressing the tip of the shoe into the floor. You should get a good bend at the point where your foot would flex. If the flex point does not align this can lead to issues, arch pain or plantar fasciitis. Also note that a lack of flexibility leads to Achilles-tendon or calf strain
- 6. FEEL:** You can't get a good feel of the shoe by just standing. Take your shoes for a quick jog, either on a store's treadmill, on the sidewalk, or down a hallway. They should feel natural under the arch. If you start to feel cramping under your arch you are in the wrong shoe.
- 7. ASK:** When in doubt, always ask a professional. Local shoe stores such as Gazelle and Striders train their employees on the proper way to fit running shoes. They take the time to educate their shoppers on the pros and cons of different types of shoes, and what will most benefit you.



Your Physical Therapy Resource

pt-cpr.com | 616.954.0950 | Four Convenient Locations

Stay Connected

 /ptcpr  @ptcpr_gr  @ptcpr_gr