

# KEEP YOUR FEET COMFORTABLE — AS EASY AS 1-2-3!

According to a 2018 survey by the American Podiatric Medical Association (APMA), 62% of US adults want their feet to be more comfortable in their shoes.

Shoe shopping can be difficult and overwhelming at times, but Today's Podiatrist makes it easy by offering these three tips to find a comfortable shoe:

**1 Look for a stiff heel.**  
Press on both sides of the heel counter. It shouldn't collapse.



**2 Check toe flexibility.**  
The shoe should bend with your toes. It shouldn't be too stiff or bend too much in the toe-box area.



**3 Select a shoe with a rigid middle.** Does your shoe twist? Your shoe should never twist in the middle.



Remember, don't fall prey to the following common shoe myths:

## COMMON SHOE MYTH #1

**Fit is not important.**



This belief is false because shoes that don't fit properly can irritate the feet. Make sure to measure your feet before buying a new pair of shoes. It helps if you go

shoe shopping at the end of the day when your feet are swollen.

## COMMON SHOE MYTH #2

**Shoes need a "break-in" period.**



This statement is false because shoes should be comfortable immediately. Also, make sure you try on shoes with socks or tights, if that's how they'll be worn.

Be sure you're seeing the most qualified health-care professional to treat your feet by looking for the letters "DPM" after her or his name. The DPM means a physician has completed years of rigorous foot and ankle training in podiatric medical school and hospital-based residency training, making her or him uniquely qualified to care for this part of the body.

Visit [www.apma.org](http://www.apma.org) for more foot information, or to find a podiatrist near you.

 @APMA  [www.facebook.com/TheAPMA](https://www.facebook.com/TheAPMA)

TODAY'S  
podiatrist

APMA  
AMERICAN PODIATRIC MEDICAL ASSOCIATION