

Footwear Advice - A Guide for Choosing the Best Footwear

Choosing the best shoes

Shoes that do not fit properly can damage your feet. Many foot problems are caused by the shoes that you wear. Foot problems such as corns, calluses, ingrown toe nails, blisters, bunions, ulcerations, sprains and hammer toes are caused by footwear that do not fit well.

In order to take care of your feet, here are some useful tips when buying shoes.

Choosing the correct fit

- Make sure there is one thumb's width gap from the longest toe to the front of the shoe.
- Make sure you can wiggle your toes inside the shoes.
- Try on the shoes to ensure they do not rub or pinch the skin.
- Feet usually swell during the day. It would be best to buy shoes in the afternoon.
- Choose the right shoes according to the activity you plan to do.
- Avoid loose shoes as accidents and injuries can be caused by shoes that do not fit properly.

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