



The Right Shoe

How shoes affect your feet, legs and joints:

If your shoes are too tight, too loose or insufficiently supportive, your physical activity may place stress on your feet, ankles, lower legs and other joints. This ongoing pressure may contribute to pain and injuries.

Choosing the right shoes can help avoid injury. Learn what can happen when you wear the wrong shoes:

- The chance of injury can be increased if your shoes are not designed for your activity, the conditions, or suited to your body mass or foot mechanics.
- Wearing the wrong shoe can exacerbate existing problems such as pain or arthritis in your hips, knees, ankles or feet.
- Even a short duration in the wrong shoes can cause stress and pain to your bones and joints, and the soft tissues that support them.
- Your shoes can make a significant impact on the way you walk, or your gait. The movement of your feet during each step affects how the rest of your body follows. When you step correctly, your heel makes contact with the ground first. Then, the arch rolls inward a little, allowing the ball of the foot and then the big toe to make contact. The heel then comes off the ground, which allows you to push off from the ball of your foot and big toe.
- Some people's arches roll inward too much, or not enough – either of which can impact how effectively your feet absorb shock. This can contribute to additional stress on other joints.
- Some shoe types, including high heels and flip flops ('thongs'), aren't suited to activity.

Remember, the right shoe can help prevent, reduce or eliminate foot pain. A lack of pain has a huge impact on how well and easily you move.

Find your shoes online at: Correct Toes

<https://www.correcttoes.com/foot-help/shoe-list/>

