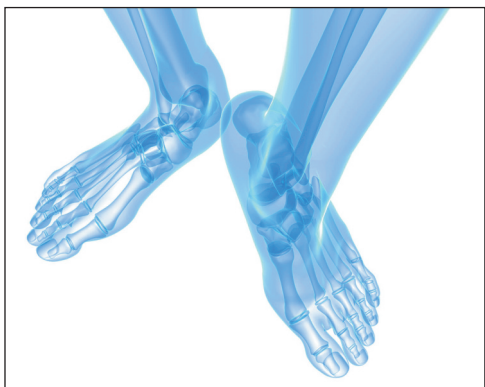


Know Your Feet, Save Your Feet

The foot is complex.

- 28 bones
- 35 joints
- 10 major tendons
- 5 nerves
- 3 arteries
- 109 ligaments
- Complex cushioning system
- The average person takes 15,000 steps per day at a force of 1 to 3 times his or her body weight per step.



The foot changes with age.

- The foot gets longer and wider with age so, measure every two years.
- The cushioning under the ball and heel get thinner so, look for shoes with greater cushioning.
- Joints lose range of motion; so, add stretching for the foot and ankle, especially the Achilles tendon.
- Toe deformity due to shoe wear is common so, wear proper shoes.

Feet Facts

- 1 in 6 people in the United States has feet problems.
- 86% of women will seek medical care for foot pain sometime in their life.
- 83% of women wear shoes that are 1 – 2 times too small for their feet.

Treat your feet right.

They support you. You need to support them. Wear shoes that fit properly. Poorly fitting shoes can cause bunions, corns, calluses, hammer toes and other foot problems. You can prevent some of these problems by paying attention to how you select your new shoes. Here are some suggestions on proper shoe fit:

- Don't select shoes by the manufacturer's size. Sizes vary among shoe brands and styles. Judge the shoe by how it fits on your foot.
- Select a shoe that conforms as nearly as possible to the shape of your foot.
- Have your feet measured regularly. The size of your feet change as you grow older. For women, size may change during pregnancy.
- Have BOTH feet measured. Most people have one foot larger than the other. Fit to the larger foot.
- Fit at the end of the day when your feet are largest.
- Stand during the fitting process and check that there is adequate space (3/8" to 1/2") for your longest toe at the end of each shoe.
- Make sure the ball of the foot fits comfortably into the widest part (ball pocket) of the shoe.
- Don't purchase shoes that feel too tight, expecting them to "stretch" to fit.
- Your heel should fit comfortably in the shoe with a minimum amount of slippage.
- Walk in the shoe to make sure it fits and feels right.
- Wear a lower heel. A 2-inch heel causes fewer problems than a 4-inch heel. A lower heel will give you an elongated appearance if it is a thin stiletto type rather than a thick or chunky heel.
- Try to save the use of your high-heeled shoes for functions where you will not be on your feet for extended periods of time; treat them as a limited-privilege accessory.
- Take your designer shoes to a pedorthist to have them custom fit to your feet. He or she may be able to stretch the toe box to better accommodate your feet.
- Try wearing a larger size than usual and insert heel cups into the backs for a better or more comfortable fit.
- Wear open toe shoes instead of a similarly-styled shoe that causes discomfort in your toes. Partially open toe shoes have become more acceptable in many work environments, allowing you to further customize your shoes to your feet.
- Remember, that however appealing those high-heel, high-fashion shoes are, your feet need to carry you around for a lifetime. Treat them kindly.



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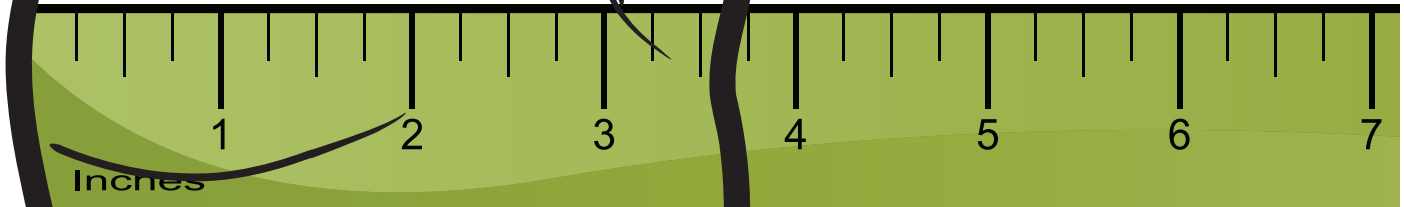
Orthopaedic Surgery

Measure Your Foot, Save Your Feet

Place
Big Toe
Here.

By measuring your foot, you can save your feet from pain, deformity and surgery. To determine the best shoe width for your feet, follow these steps:

1. Print this form and place it on the floor.
2. Put your bare foot on the paper and mark the paper where your foot is widest.
3. Draw a straight line up to the ruler to determine your foot's width.
4. Calculate your most narrow shoe size for your feet.
 - Dress shoes: subtract $\frac{1}{4}$ inch.
 - Sport shoes: same width.



For example, if your foot measures $3\frac{1}{2}$ inches, your minimum width of your shoes should be:

- Dress shoes: $3\frac{1}{4}$ inches.
- Sport shoes: $3\frac{1}{2}$ inches.

Take this with you to the shoe store and use it as a reference.

My dress shoe size is: _____ inches.

My sport shoe size is: _____ inches.

Measure all the shoes in your closet by turning the shoe over and measuring the outside (sole). Discard pairs that are too tight.

To learn more about Christiana Care's foot and ankle services or to obtain a referral to a physician, visit www.christianacare.org or call 800-693-CARE (2273).



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