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**SHOES**

1. Forget your usual size. Shoes should be comfortable with minimal pressure BEFORE breaking them in. You should be able to wiggle all your toes freely within the shoe. There should be space at the end of the shoes of approximately ½ inch from the end of your toes to the end of the shoe.

2. Shoes with REMOVEABLE INSOLES allow for padding and arch supports to be added. Wear your new shoes for at least 2 WEEKS prior to the next appointment.

3. Heel spurs do better with a slightly raised heel, such as a jogging/running shoe.

4. If your arches or ankles are weak, high-top, lace-up shoes/hiking boots can be helpful.

5. Since feet may swell during the day, new shoes should be purchased late in the day.

6. New shoes should be worn for only a few hours at first, with careful inspection of your feet for any new irritations.