



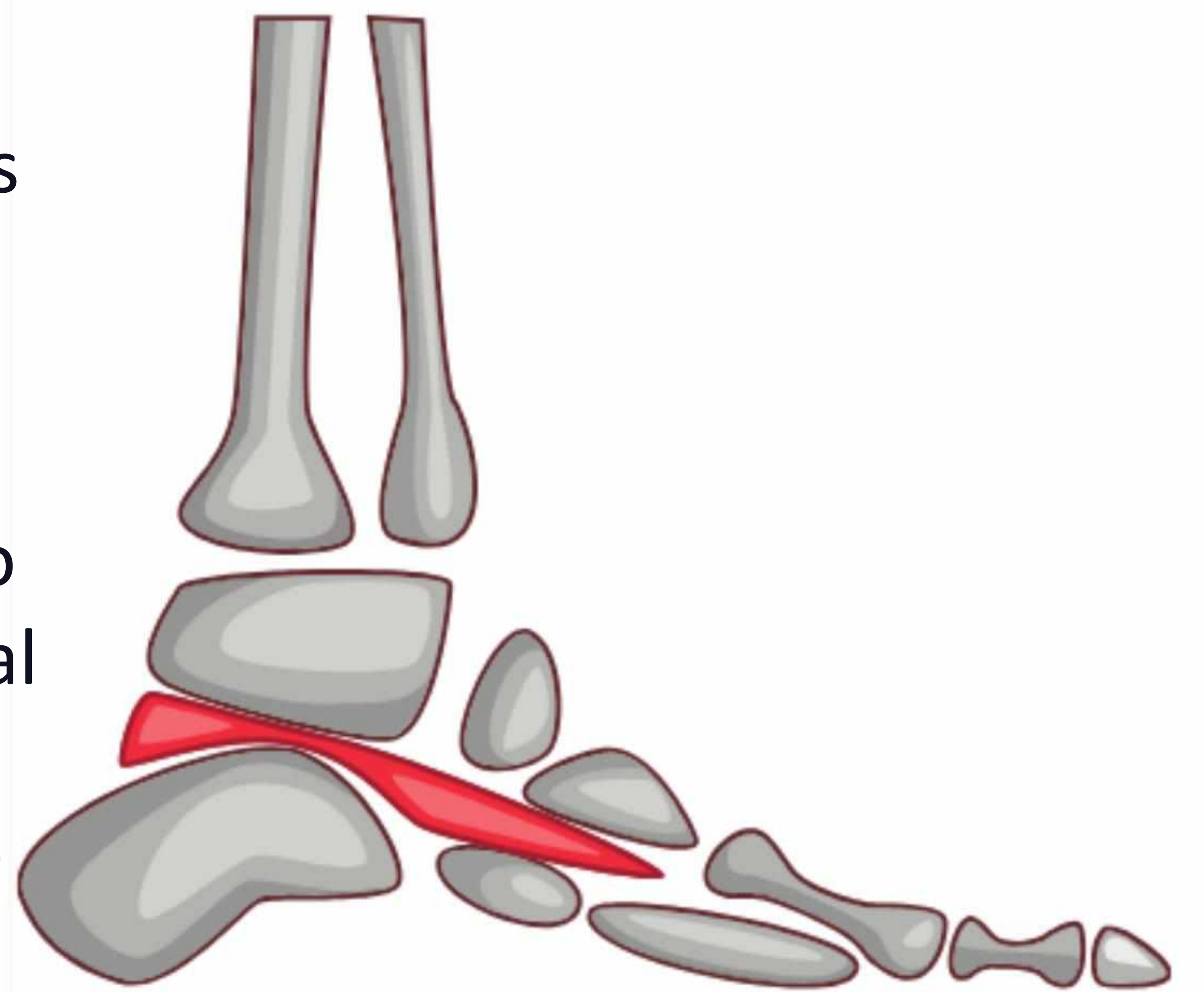
TEN STEPS TO GOOD FOOT HEALTH

A Guide Helping Your Feet Get the Fit They
Need to be Pain Free



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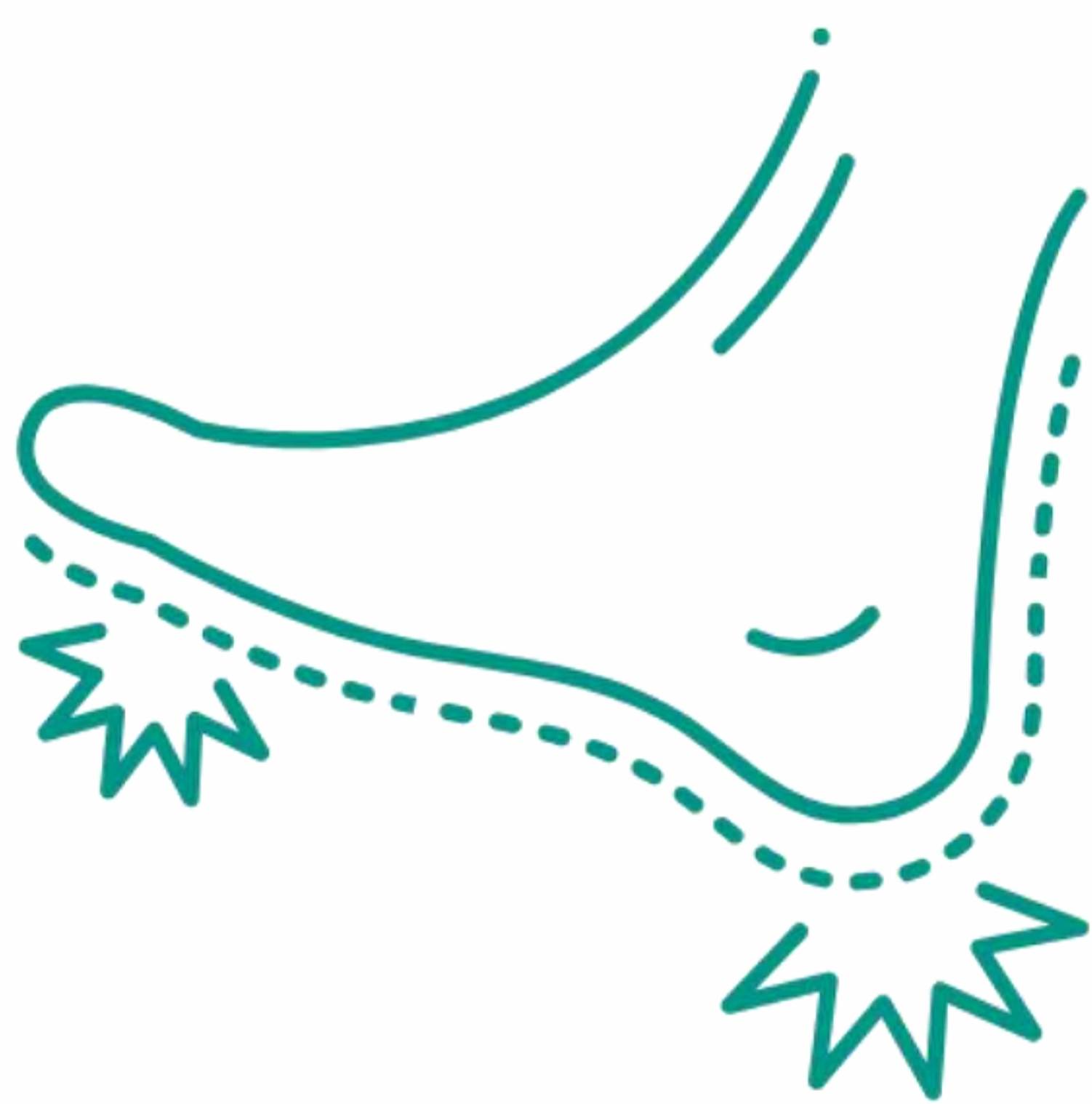
The foot is an amazing instrument. Each foot contains 26 bones, 33 joints, and over 100 muscles, tendons and ligaments. The soles of our feet contain more sweat glands and sensory nerve endings per square inch than any other part of the body. Our feet also go to work for you every day — literally. During a normal day, every time you stand to do something, your feet are on the job. To make sure your feet are getting the support they need, here are ten simple steps you can take to find the right fit for your feet, so they can be as comfortable as possible. After all, isn't that really what you want in a pair of shoes?



1

NIP FOOT PAIN IN THE BUD

If your feet are bothering you, it's likely due to the repetitive nature of the interaction between your footwear and your gait, or how your feet function. Most non-impact foot and ankle injuries are a result of wearing improperly fitted footwear. The sooner you see a certified shoe fitting professional to find out exactly what is going on, the better your chances are of alleviating the pain and discomfort. <https://walkeystore.com/identify-your-foot-pain-2>



2

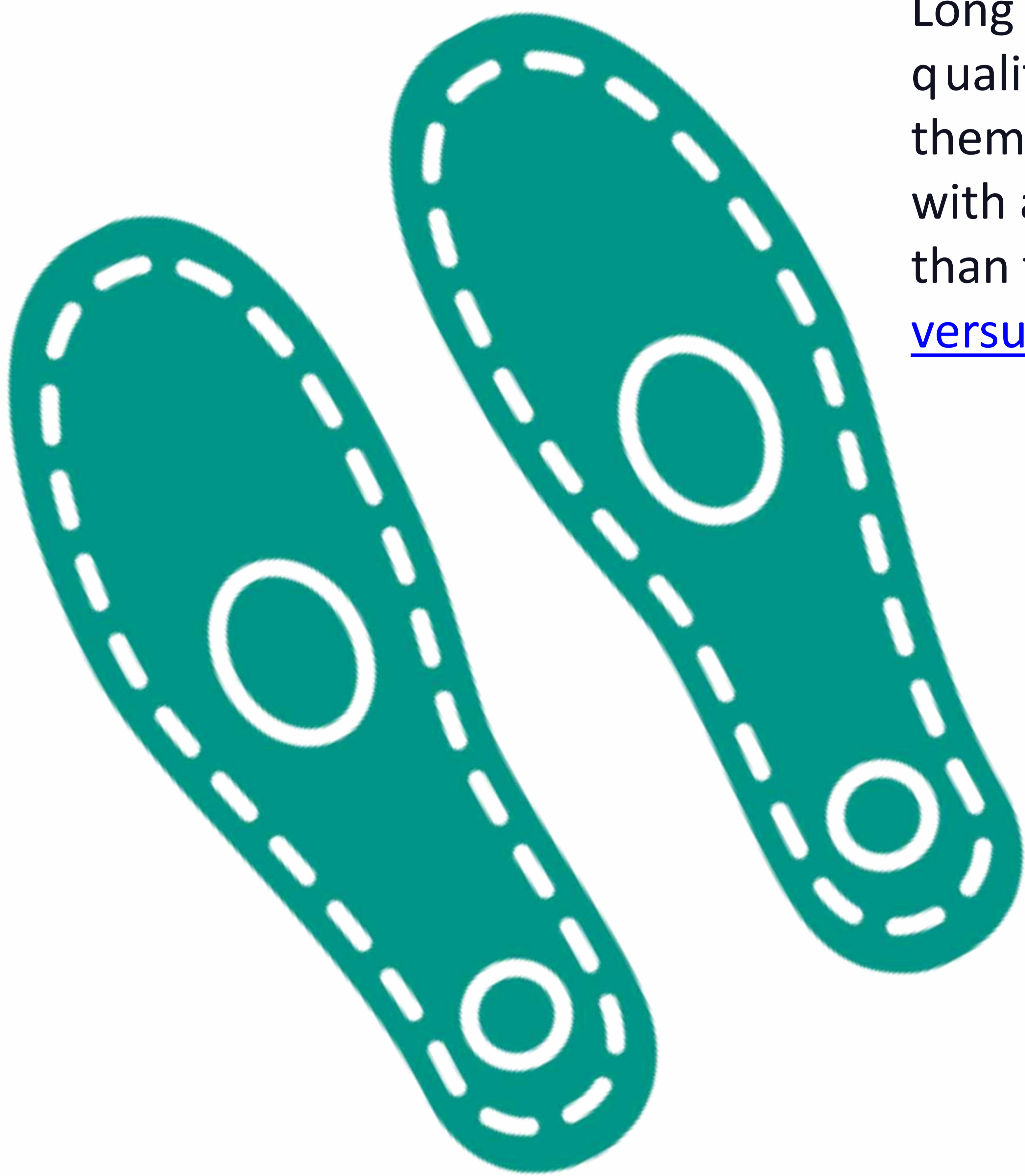
FIT SHOES TO THE BALL LENGTH OF YOUR FEET – NOT THE TOE LENGTH

It is estimated that up to 80% of foot problems are a result of people wearing a shoe size that's too small. Typically, shoe size, which is also known as toe length, is determined by measuring from the heel of your foot to the tip of your longest toe. However, over the past four decades, shoes have consistently gotten smaller. This is particularly true of shoes that are manufactured in China, which is where most shoes are produced. Therefore, you simply can't go by the size listed on the box these days. You must find the right ball-of-foot fit for your feet for good foot health and all-day comfort. What does ball-of-foot fit mean? You should fit your foot inside the shoe, so the ball of your foot, or your first toe joint, sits in the correct spot inside the shoe. For more information on ball-of-foot fit, refer to <https://walkeystore.com/shoe-fitting-guide/>.

3

GET QUALITY CUSTOM ORTHOTICS

Don't buy over-the-counter (OTC) arch supports. Truly, they are nothing more than an upsell in a shoe store. OTC arch supports are made in mirror-matched images based on an average pattern. However, feet are not mirror-matched in size. About 98% of all people have foot sizes that are from one half to two sizes in difference. When it is understood that no two body parts are the same, you realize you can't expect an OTC device to do a very good job supporting your feet. Long term, OTC arch supports may even make your issues worse. A quality custom orthotic will not only support your feet but will treat them like the individual feet they truly are. Each foot will sit in the shoe with a base made specifically for that foot. It just doesn't get better than that. <https://walkeystore.com/blog/2014/11/08/footbeds-versus-custom-orthotics/>



4

KNOW WHAT YOU ARE BUYING WHEN GETTING CUSTOM ORTHOTICS

There are two types of custom orthotics – accommodative and corrective. Accommodative support means the device will simply support your feet in their current position or state. This also means they accommodate for any current deformities, misalignments, and other issues you may have that may be causing your pain issues. While this type of orthotic is better than an OTC device, it only works well if your feet are rigid and inflexible in the first place. A corrective custom orthotic is designed to get your feet to function in a better overall biomechanical manner which will help your feet to become healthier as time goes by. Feet are dynamic. They like to move. When you give your feet the opportunity to move in the correct manner, not only are your feet happy, but your entire body is, too. A proper foundation for your feet can result in a healthier – happier – body. You see, the foot bone really is connected to the head bone. <https://walkeystore.com/ezwalker/>

5 REPLACE YOUR WORKOUT SHOES



Getting exercise is a great way to improve your circulation and maintain a healthy body weight. But when you push your body towards its limits, you're also pushing your footwear to its limits. A shoe is normally well worn out by the time it's noticeable on the outsole or tread. To make sure your feet are staying protected while you run or exercise, make sure to change your workout shoes every 500 miles, or roughly every six months, if you work out on the average of three times per week.

<https://walkezstore.com/blog/2019/05/07/wornout-shoes-time-footwear-checkup/>

6 CHOOSE THE RIGHT SHOE FOR THE JOB



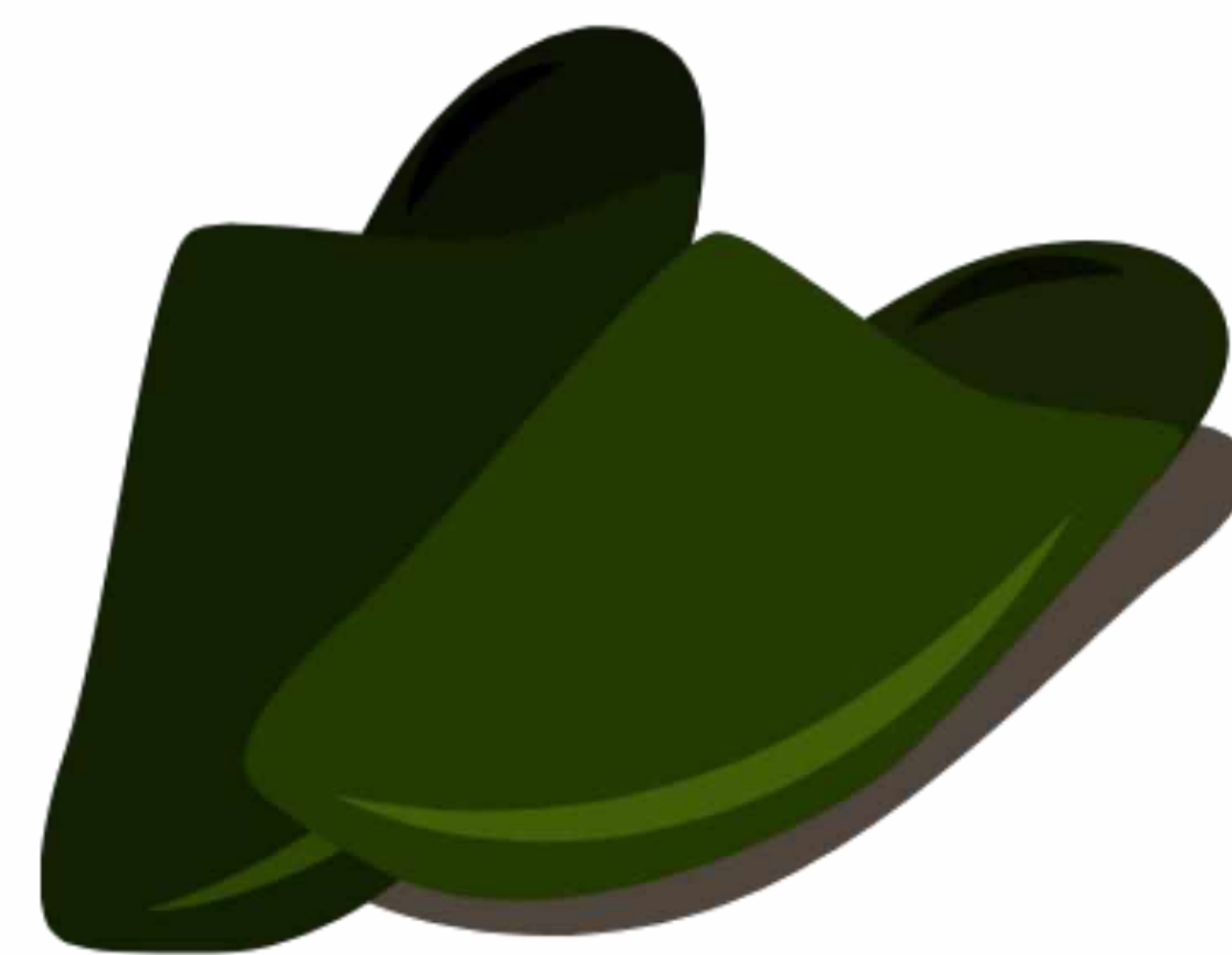
If you do a heavy-duty job, you need heavy-duty footwear. However, if you sit at a desk for your job, your footwear can be more casual. If you work in a restaurant, you will need shoes with a non-slip sole that will qualify under the workers' compensation guidelines, in case of injury. You're probably getting the point here. You can't expect your feet to be protected if they are not sitting in the correct type of footwear for what you are doing. The rule is: the firmer the shoe, the better the support and long-term comfort. Therefore, if you are on your feet all day for your job, you should have strong quality footwear. However, if you sit all day, you may get by with a more casual, softer shoe. But when it comes time to really be on your feet, you need a strong pair of shoes.



7

INVEST IN A GOOD HOUSE SHOE

A lot of people love being barefoot at home, but a good house shoe can offer considerably more support and comfort than no shoe at all. Look for a good slipper, clog, or sandal. Ideally, one with an outdoor sole, so you can wear it to grab the paper or pick up a gallon of milk. A good pair of shoes can last you years.

**8**

FORGET THE FLIP-FLOPS AND PICK UP A GOOD HEALTH SANDAL



Before you head to the beach (or to the neighborhood pool), skip the bin of cheap flip-flops and take a look at one of the fitness sandals offered by companies like Finn Comfort, Revere, Drew, Naot, or Wolky. These brands offer stylish, dressy or sporty sandals that provide ample support and comfort while still allowing your feet to breathe. They also have removable footbeds, so a cosmetically correct custom orthotic footbed can be fabricated if a custom fit is your desire. No one will ever know you're wearing a custom orthotic in your sandals.

<https://walkeystore.com/blog/2019/07/27/ditch-flip-flops-proper-shoes-cool/>

9

DON'T FORGET ABOUT YOUR HOSIERY



Your heart works hard to pump blood throughout your body. One of the furthest places, it must pump blood to and from is your feet. Why restrict blood circulation with a binding sock? If your sock leaves an indentation on your calf, you probably need a different type of sock. Choose a sock that is seamless, non-binding, and free of elastic. Also look for socks with heavier padding at the heel and ball of foot to provide added cushioning to absorb some of the impact between your feet and the ground. If you need extra support for proper circulation, a compression sock is recommended. There are many options for socks on the market these days. However, we recommend brands like Thorlo, Sockwell, Foundation, and Infracare. If you suffer from cold feet, Infracare socks can add warmth with their patented technology that was discovered by NASA for use in spacesuits. Call us to try a pair or go online to order at: <https://walkeystore.com/product/infracare-bio-material-socks-cold-feet/>.

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GET QUALITY CUSTOM ORTHOTICS

Trust your fitter at your local pedorthic foot care store. A pedorthic foot care store should employ a Certified Pedorthist, who is skilled in properly fitting and supporting your shoes in the best interest of your feet. Trained in the fabrication of orthotics, shoe fitting, shoe modification, and shoe repair, as well as qualified to fill prescriptions for footwear foot care devices, a C-Ped can be your best friend. At the WalkEZStore, Owner and Certified Pedorthist Kathy Carandang has 18 years of experience and has studied under and worked with many pedorthists with decades of knowledge. Kathy can help you to find the best pair of shoes for your needs and provide foot support in a way you've never felt before. Enhancing the biomechanics of your feet is the only way to control your pain and give you healthy feet for as long as you continue to work with her. Kathy can teach you what it takes to make your feet happy and how to take care of your feet like no one else has likely ever done before. Her passion is to help you learn about your unique feet and teach you how to best take care of them, so they can take care of you for as long as you live. It all starts with your feet. So, if your feet aren't happy, nothing is happy. She says it best with her registered trademark – "Because ... when your feet feel good, you feel good!"® Call today for a consultation. At the WalkEZStore, we change lives one pair of feet at a time. Call now at 888-392-5539 EXT 1 or visit www.walkeystore.com.



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We can help!

