



# SHOE BUYING GUIDE

HOW TO AVOID FOOT PAIN  
WITH YOUR SHOES



## Shoe Buying Guide

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How to avoid foot pain with your shoes

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## Why we wrote this guide

I am Dr. Donald Pelto, and I compiled this shoe-buying guide from my clinical experience with input from my partners, Dr. Feldman and Dr. Saviet.

You may have received suggestions from your doctor, friend or even from advertising online. I put this together as a reliable resource to clarify the process for getting shoes that fit right so you don't have to suffer.

This information is not intended to substitute for a doctor's examination but can help reduce the complexity when searching for shoes.

The shoes in this guide are the ones most commonly recommended to patients in the office.

A specialty shoe store with well-trained staff can help you find the best shoe for your feet, or you can come in for an appointment, and we will help you.

Drs. Pelto, Feldman, Saviet & Associates



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### **The big three shoe fitting mistakes?**

Before we get into the types of shoes, I first want to discuss how to see if your current shoes may be causing the problem.

#### **Mistake #1 - Wrong size shoes**

The first mistake patients make is wearing shoes that are the incorrect size. A specific brand-size shoe is not always equivalent to another brand-size shoe.

The best way to assess your shoe is the shoe liner test.

The shoe liner test is done by taking the sock liner out of your shoe (it has the shoe brand written on it) and standing on it. You should have a finger breadth of space from the front of the liner.

If your toe goes to the tip or all the toes do not fit in the liner space, the shoe may fit incorrectly.

#### **Mistake #2 - Old or worn-out shoes**

Old shoes or worn-out shoes can commonly cause foot pain. If your shoes are over 9-12 months old, it is best to get new shoes when you feel pain.



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Even if your shoes look clean and are not worn out, the manufacturer makes them wear out over time. One secret is to look at the lines on the side of the shoe. Horizontal lines in the foam indicate the shoe is old and should be replaced.

Another tip is to purchase two pairs of shoes simultaneously, and when one is wearing out, start using the other new shoe. If it feels much better and more supportive, it is time to switch your shoes.

### **Mistake #3 - Wrong type of shoe for your activity or activity level**

Commonly, we see patients wearing their oldest shoes for the most strenuous activity, for example, mowing the lawn in old, worn-out shoes. This is prone to cause foot pain.

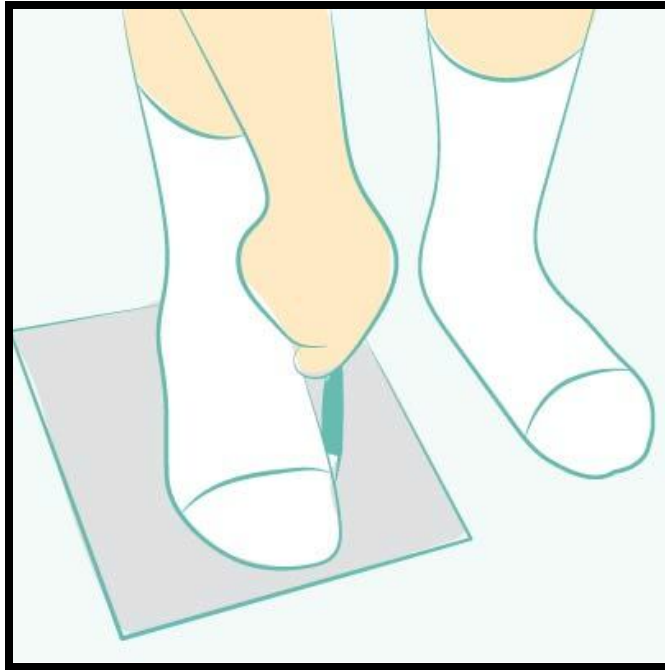
Another problem is not adjusting or purchasing new shoes when starting a workout program. Make sure you get an appropriate shoe, and don't go cheap. We always recommend going to a running shoe store to get professionally fit for your shoes.

Poorly sized or fitting shoes are among the most common causes of foot pain and injury.



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### Shoe liner test



This is the best test to determine if your shoe is the right size.

**Instructions:** Take the sock liner (it has the shoe's brand name in the shoe) out of the shoe and stand on it. If your foot is overlapping the liner, it is probably too narrow. If you want to learn more, click [HERE](#).

### **Shoe-buying tip videos**

We have put together several videos to help buy the appropriate shoes.

- Shoe buying tips for adults and children - [HERE](#).
- Shoe buying tips for diabetics - [HERE](#)
- What shoe is best? Shoe buying tips lecture - [HERE](#)

### **How do you ensure your shoe is wide enough?**

Most of the patients I see have narrow shoes in the toe box, especially for those with bunions and hammertoes.

A wide shoe can often be too wide throughout the foot, including the heel region, so we commonly recommend “anatomic shoes.”

An anatomic shoe is made with increased width in the front of the shoe and standard width within the heel region.

Some brands include Altra, Topo, and Lems.





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One good tip is to step on the sock liner and ensure your foot does not overlap.

If that happens, that is a sure cause of foot pain or abnormal function of your feet.

### **Do I need orthotics?**

Many of our patients benefit from orthotics. It is hard to say if you need them, but my rule of thumb is to try to get the best shoe for your foot to start.

If that does not work, then get an inexpensive over-the-counter insert. Remember, these are not orthotics, but they are helpful for many patients. My favorite at this time is a [Walk Hero](#) insert.

If that does not work, then seek out a professional to make orthotics for you.

As I say every day in the office, “Many of our patients do not have an over-the-counter type of foot.” Because of that, we need to make a custom orthotic that is formed for their foot.



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If you think you need an orthotics make an appointment to come in to the office.

In the next section, I will go over the local shoe stores in Massachusetts, and after that, you will get the online shoe resources.



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### **Local shoe store list (Central Massachusetts)**

Many patients ask me about the best local shoe stores for properly fitting shoes. Here are some of my best recommendations and tips for wearing shoes.

#### **Running and Athletic Shoe Stores**

[Sneakerama](#) - Worcester, Massachusetts

[Marathon Sports](#) - Shrewsbury, Massachusetts

#### **Dress Shoe, Difficult to Fit Foot Type**

[Evans on the Common](#) - Townsend, Massachusetts

Red Wing - Shrewsbury

[Limmer - Custom Hiking Boots](#) - Intervale, New Hampshire

[Hitchcock Shoes](#) - Hingham, Massachusetts

[The Forgotten Foot](#) - Framingham, Massachusetts

#### **Shoe Repair**

[Carbonneau's Shoe Repair](#) - Worcester, Massachusetts



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## Online shoe guide

### 1. Running/Exercise/Walking - Stability & Motion Control

#### These shoes are for flat feet and pronated feet

- a. [New Balance](#): 1540\* 1012\* 587\* 993 1260
- b. [Asics](#): Foundation - Evolution - Kayano
- c. [Brooks](#): Beast\* / Ariel\* - Addiction - Adrenaline - Vapor
- d. [Saucony](#): Grid Stabil\* - Omni - Hurricane
- e. [Altra](#): Provision

### 2. Running/Exercise/Walking - Neutral & Cushioned

#### These shoes are for standard feet without flat or high arches or those wearing orthotics

- a. [Hoka](#): Bondi - Stinson - Gaviota
- b. [Altra](#): Olympus - Paradigm

### 3. Anatomic Shoes - Wide toebox

#### These shoes are for bunions, hammertoes, or using Correct Toes

- a. [Altra](#)
- b. [Topo](#)



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- c. [Lems](#)
- d. [Birkenstock](#)
- e. [Vivobarefoot](#)

### 4. Children's Shoes

- a. [Anya's Reviews](#) - Here is an excellent list of foot-healthy shoes for kids
- b. [Vivobarefoot](#)
- c. [Be Linka Barefoot](#)
- d. [Mukishoes](#)

### 5. Slip-On Shoes

**These are for those who don't want to tie their laces and a slip-on shoe**

- a. [Zeba Shoes](#)



### 6. Hiking Boots - Increased Stability for Ankle Stability

- a. [Oboz Boots](#)
- b. [Altra Boots](#)



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### 7. Work Boots - Wide Toe - Steel Toe - Composite Toe Boots

- a. [Amazon](#)
- b. [Keen](#)
- c. [Wolverine](#)
- d. [Timberland](#)
- e. [Red Wing](#)

### 8. Work Boots - Anti-Skid

- a. [Amazon](#) (Crocs are wide)
- b. [Brooks Addiction Walker](#)

### 9. Sandals - Built-in Arch Support

- a. [Oofos](#)
- b. [Fit Flop](#)
- c. [Hoka Sandals](#)
- d. [Birkenstock](#)



### 10. Sandals - Can Accept Custom Orthotics

- a. [Naot](#)
- b. [Finn Comfort](#)
- c. [Aetrex](#)
- d. [Alegria](#)

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### 11. Dress Shoes - Women

- a. [Anya's Review](#) - Great review site with many types of shoe recommendations that are good for your feet
- b. [Correct Toes](#) - Master list of anatomic shoes for women
- c. [Rockport](#)
- d. [Dansko](#)
- e. [Ecco](#)
- f. [Naot](#)

### 12. Dress Shoes - Men

- a. [Birchbury](#) - These have a nice wide toebox and are zero drop
- b. [Rockport](#)
- c. [Hush Puppies](#)
- d. [Dansko](#)
- e. [Naot](#)
- f. [Timberland](#)
- g. [Ecco](#)
- h. [Cole-Haan](#)
- i. [Allen Edmonds](#)
- j. [Samuel Hubbert](#)



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### 13. Golf Shoes - Men & Women

- a. [Ecco](#)

### 14. Extra Depth Shoes

**These shoes are for patients with diabetes, bunions, hammertoes and those wearing braces**

- a. [Apex](#)
- b. [Aetrex](#)
- c. [Orthofeet](#)
- d. [Drew](#)
- e. [Dr. Comfort](#)

### 15. Rocker Sole Shoes

- a. [Hoka](#)
- b. [Dansko](#)
- c. [Altra](#): Alegria

### 16. Cavus Foot (High arch foot)

- a. [Drew Shoes](#)



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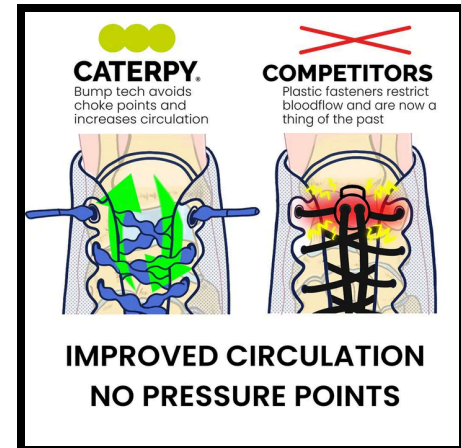
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- 17. Cycling Shoes
  - a. [Bont Anatomic Cycle Shoes](#)
  
- 18. Turf Shoes (Cleats)
  - a. [Bont Anatomic Cycle Shoes](#)
  
- 19. Slippers
  - a. [Vionic](#)
  - b. [Spenco](#)
  
- 20. Ski Boots
  - a. [Helpful Article](#)

## Shoe accessories

### No Tie Shoelaces (Caterpy)

[Caterpy](#) - There are great shoelaces that you don't have to tie.



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## Correct Toes

[Correct Toes](#) - Correct toes are spacers for your feet to promote foot health. I recommend 1st try anatomic shoes and 2nd try the correct toes.



## Socks

Here are some recommended socks that offer added cushion and compression.

[Juzo Silver](#)

[Thor-Lo](#)

[Cool Max](#)

[Smartwool](#)

[Jobst](#)

[Wrightsock](#)



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