The common assumption that perfect or correct shoe fit can be expected if the shoe and fitting are proper is untenable for a variety of reasons. For instance, no two feet of a pair are exactly alike, inevitably resulting in some degree of shoe misfit. Also, the foot assumes four different sizes and shapes under different conditions: at rest, on weight-bearing, in gait, and under thermal variations, yet all must comply to a shoe of only one size and shape.

The complexities of shoe fit are further exacerbated by other obstacles. These include the prevailing design of shoe lasts, the absence of uniformity of shoe sizes, the limited training and skills of most shoe salespeople and fitters, the subjective determination of shoe fit by customer and fitter alike, and the role of footwear fashions.

Hence shoe fit at best must be a compromise with the ideal. Nevertheless, improvements are possible, as suggested in this paper.

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The common assumption that perfect or correct shoe fit can be expected if the shoe and fitting are proper is untenable for a variety of reasons. For instance, no two feet of a pair are exactly alike, inevitably resulting in some degree of shoe misfit. Also, the foot assumes four different sizes and shapes under different conditions: at rest, on weight-bearing, in gait, and under thermal variations, yet all must comply to a shoe of only one size and shape. The complexities of shoe fit are further exacerbated by other obstacles. These include the prevailing design of shoe lasts, the absence of u The shoes may not make the woman, but they sure do make the outfit. You've spent hours piecing together the perfect wardrobe combination. Don't ruin it with the wrong pair of shoes! What you wear on your feet can totally transform the rest of your look. The right shoe can elongate and slim your legs, dress your gown up or down, make you flirty, business-like or vampy, and basically make or break your entire look. (But hey, no pressure.) The season should dictate what shoe is appropriate for your outfit. Sounds like common sense, but everyone has seen photos of celebrities running around Malibu in July wearing their warm and fuzzy Ugg boots. Winter calls for boots, wider heels (to avoid slipping), loafers and flats. Negligence towards perfect shoe selection can end up causing running related injuries. Let's Learn Basics of Selecting the Right Running Shoes. Moving forward, if you do take running seriously, then it is advised to depend on two broad technical criteria when buying shoes. Foot Pronation. Shoes can reduce injuries only when chosen for the fitting reasons. Dr. Nigg said, "Try on four to five pairs. Jog around the block or store in each. People can usually tell right away which shoe feels the most comfortable. That is the one to choose." It's just about paying a little extra attention, buy shoes for their fit and comfort and not the brand. Change your shoes after every eight to ten months. Buy proper running socks as well it's a must.