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**LIA Lifestyle Instruction Aid**

**ab5. Shoes**

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Shoes support you, so you need to support them, and that means taking care of them. Wear shoes that fit. Buy shoes that have a good arch support to hold the ankle in its neutral position when your knee is bent over your foot. Buy a shoe appropriate for the activity you will be using them for. And, TIE YOUR SHOES UP. Kids that run around with shoes undone wear the shoes out sooner and prevent the shoe from doing its job of supporting the foot. Get some help in choosing shoes if you have to. Here is some data from The American Orthopedic Foot and Ankle Society.

Poorly fitting shoes can cause:

Bunions

Corns

Calluses

Hammer toes

Other foot problems.

You can prevent some of these problems by paying attention to how you select your new shoes.

Sizes vary among shoe brands and styles. Don't select shoes by the size marked inside the shoe. Judge the shoe by how it fits on your foot.

If you are going to do a lot of ballroom dancing then buy a good pair of dance shoes.

**Running or Walking Shoes**

When looking for a shoe, you need to know what kind of a foot you have. Most people have pronation in their feet to one degree or another. That means the ankle rolls inward a little or a lot. Orthotics can help correct this poor foot position. Orthotics are moulds made to the shape of the arch of the foot when it is in its neutral un-pronated position.

People with pronation in their foot should be looking for a shoe that gives stability when walking or running. Asking the sales clerk for a shoe offering stability would then point you in the correct direction.

People with Flat Feet should be looking for a shoe that offers motion control. This type of shoe will help hold the bones of the foot in a more natural position thus, making running and walking easier.

People with high arches are most often people with tight, more rigid feet. They will benefit from a shoe that eases the load with more cushioning than normal.

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