



Photo by John Gillett

SHOE TESTS

Removeable Liner

Heel Counter Squeeze

Bend & Twist Test

SHOE TESTS!



Below are three shoe tests you can perform to help ensure you are selecting the right type of footwear for you and your family:

Removeable Liner - it is important to replace the removable insoles in shoes on a regular basis, in order to maintain proper cushioning. The benefits of proper cushioning include less stress on your joints and improved muscle function. In addition, a custom orthotic will fit better in a shoe with a removable liner.

Heel Counter Squeeze - The Heel Counter is the hard piece in the back of the shoe that controls the foot's motion from side-to-side. A strong heel counter increases stability providing better support for the foot. If the heel is not contained snugly, there can be excessive movement when you walk resulting in



What's the right shoe for me?

- ↘ Have your gait assessed
- ↘ Specific shoe for the specific activity
- ↘ Shoe shape must match foot shape
- ↘ Comfort First!

blisters and microtearing causing foot pain. Place the shoe in the palm of your hand and put your thumb in the mid-portion of the heel, trying to bend the back of the shoe. A heel counter that does not bend very much will provide superior motion control.

Bend and Twist Test - hold the shoe in both hands at opposite ends, and bring your hands together (similar to a slow clapping motion). Ideally, the shoe should only bend at the ball of the foot, which matches the movement of the foot. If this does not happen or if the shoe can be rolled into a ball, the shoe may cause increased pressure on the wrong parts of the foot or provide no support at all to the foot. This can easily damage the joints and soft tissue of the foot.



adapted from www.pedorthic.ca