



How To Find The Correct Shoe Fit?



Try on the shoes before buying to get the right size.

Get a shoe with a half-inch space between the longest toe and the shoe's tip.



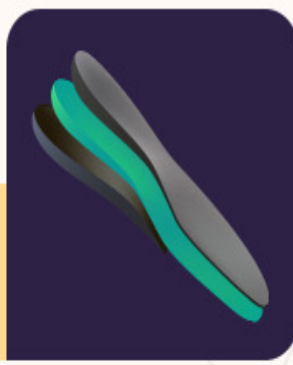
Opt for shoes with rounded toe areas for optimum comfort.

Buy shoes at the end of the day as feet tend to swell throughout the day.



Opt for shoes with stiff heels if you have flat feet.

Avoid shoes that require extra padding or stretching.



References:

1. Shoes: Finding the right fit; OrthoInfo