

# The Foot and Ankle Wellness Center of Western Pennsylvania

## Proper Shoe Fit for Diabetic Patients

---

- Try on shoes late in the day when your feet are bigger.
- Have both feet measured, as you stand, each time you buy your shoes.
- Allow 3/8-inch to 1/2-inch room between the end of the longest toe and the end of the shoe; your feet continue to move forward inside the shoe even when the ground stops the shoe from moving.
- Select the shape of the shoe that matches the shape of your foot type. Styles with lace closures, rounded toes, soft leather uppers, and shock absorbing soles are preferred.
- The size of your foot measures is your foot size. The size of shoe may differ from brand as well as the pattern and style. Judge the shoe on how it fits your foot type.
- The ball of your foot (big toe joint through the small toe joint) should fit at the widest part of the shoe. This is the location where the shoe is designed to flex.
- Walk in the shoe to make sure it fits without pressure to the front of the foot. Excessive heel slippage should be avoided. Some heel slippage maybe unavoidable due to inflexibility of new shoes. The professionally trained shoe fitter should be able to reduce heel slippage without making the shoe too tight in the front.
- Never wear shoes that are too tight expecting them to stretch. Inspect feet for pressure and redness each day.
- Alternate footwear daily; this reduces the risk of repetitive pressure and shear that can build up when wearing only one pair of shoes. It is unlikely that different pairs will cause the exact same pressure.
- Wear new shoes no more than one (1) hour the first day, increasing the time worn each day by one (1) hour. This will reduce the impact of new stresses that may occur as a result of wearing new footwear. Check for redness daily.
- Maintain shoes in a hygienic manner to maintain optimum shoe fit. Use cedar wood shoe tree when shoes are not being worn to absorb moisture and maintain shoe fit and proper shape.
- Regularly repair heels, soles and upper linings. Alterations will help increase comfort, durability and fit.

**Inspect the inside of your shoes daily for foreign objects or torn lining.**

**Ford City Location**  
313 Ford Street  
Ford City, PA 16226  
P: (724) 763-4080  
F: (724) 763-4083

**Butler Location**  
100 Evans Road  
Butler, PA 16001  
P: (724) 841-0188  
F: (724) 841-0189  
Toll Free: (844)-FOOTDOC (366-8375)

**Monaca Location**  
3578 Brodhead Road  
Monaca, PA 15061  
P: (724) 775-6168  
F: (724) 775-2633

**Grove City Location**  
675 N. Broad Street Ext, Suite 2  
Grove City, PA 16127  
P: (724) 450-1144  
F: (724) 450-1140



[www.fawcpa.com](http://www.fawcpa.com)