

Seven Steps to Good Foot Health

A Guide to Making Sure Your Feet Get the Support They Need

By Lucas Wetzel, on behalf of Comfort Plus Shoes and Footcare

If you look at the details, the foot is an amazing instrument. Each foot contains 26 bones, 33 joints, and over 100 muscles, tendons and ligaments. The soles of our feet contain more sweat glands and sensory nerve endings per square centimeter than any other part of the body.

Our feet also do tons of work every day — literally. During a normal day of walking, the total force on our feet can amount to hundreds of tons, or the equivalent of a loaded cement truck. To make sure your feet are getting the support they need, here are a few simple steps you can take to find the right footwear for you.

1. NIP FOOT PAIN IN THE BUD

If your feet are bothering you, it's likely because of the repetitive nature of the interaction between your gait and your footwear. Most non-impact foot and ankle injuries are a result of consistently wearing improper footwear. The sooner you see a foot professional to find out exactly what is bothering you, the better your chances are of alleviating the pain and discomfort.

2. WEAR LARGER SHOES

Over the past four decades, the average shoe size worn by Americans has increased by 2 sizes. Comfort Plus staff estimate that up to 80 percent of foot problems are a result of people wearing too small of a shoe size. While it's tempting to select a shoe that makes your foot look as slender as possible, finding the right fit for your feet is essential for good foot health.

3. REPLACE YOUR WORKOUT SHOES

Getting exercise is a great way to improve your circulation and maintain a healthy body weight. But when you push your body towards its limits, you're also pushing your footwear to its limits. A shoe is normally well worn out by the time it's noticeable on the outsole or tread. To make sure your feet are staying protected while you run or exercise, make sure to change your workout shoes every 500 miles, or roughly every six months.

4. INVEST IN A GOOD HOUSE SHOE

A lot of people love being barefoot at home, but a good house shoe can offer considerably more support and comfort than no shoe at all. Look for a good slipper, clog or sandal, ideally with an outdoor sole so you can wear it to grab the paper or pick up a gallon of milk. A good pair can last you years.

5. FORGET THE FLIP-FLOPS AND PICK UP A GOOD HEALTH SANDAL

Before you head to the beach (or to the neighborhood pool) this summer, skip the bin of cheap flip-flops and take a look at one of the fitness sandals offered by companies like



FitFloP, Finn Comfort, Mephisto, Birkenstock, Naot or Wolky. All of these brands offer stylish, sporty sandals that provide ample support and comfort while still allowing your feet to breathe.

6. DON'T FORGET ABOUT YOUR HOSIERY

Your heart works hard to pump blood throughout your body, and one of the furthest places it has to travel is your feet. Why restrict it with a binding sock? If your sock leaves an indentation on your calf, you probably need something new. Comfort Plus carries socks that are seamless, non-binding and free of elastic, as well as socks with heavier padding at the heel and ball of foot, providing added cushioning to absorb some of the impact between foot and ground.

7. SEE A PROFESSIONAL

Trust your fitter at Comfort Plus. Their licensed pedorthists get the same commission no matter what size they fit you in. Based on their decades of experience, they fit you in what they think is best for your foot, using advanced technology to help assess what you need, and in many cases, create a customized fit. Stop in to browse their selection or talk with one of their experienced professionals, or give them a call at **913-451-4494**.



Comfort Plus
SHOES & FOOTCARE

Comfort Plus is open Monday through Saturday
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Information provided by Comfort Plus,
with additional statistics from Foot.com.

BECAUSE WHEN YOUR FEET HURT, YOUR WHOLE BODY HURTS.