




Best Bets for Boot Buying

Not all boots were made for walking...the American Podiatric Medical Association (APMA) recommends following these guidelines as you head out to shop this boot buying season.

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2008 BOOT STYLE	PAINFUL PROBLEMS	SIMPLE SOLUTIONS	FOOT FRIENDLY BUYS
Ankle Bootie, Peep-Toe 	<ul style="list-style-type: none"> Narrow toe box can squeeze toes and contribute to bunions, hammer-toes and ingrown toenails. Lack of true ankle support increases risk of tripping or twisting an ankle. 	<ul style="list-style-type: none"> Choose a wider toe box, or foot extension giving toes more wiggle room. A lower, stacked heel will help increase stability and prevent tripping. 	
Fur-lined Moccasin 	<ul style="list-style-type: none"> No traction can cause slipping. Lack of air flow can contribute to foot odor. 	<ul style="list-style-type: none"> Ensure the boot has traction and a rubber sole, to prevent falls. Leather or natural fibers absorb moisture, keeping feet dry, comfortable and reducing foot odor. 	
Knee High, Stiletto Heel 	<ul style="list-style-type: none"> Tight fabric may restrict full movement of the lower leg and impede walking. Narrow high heels cause excessive weight to be placed on the ball of the foot, and may cause pain and numbness. Narrow heels also make the foot unstable. 	<ul style="list-style-type: none"> Choose a boot that falls below the knee, which allows full range of movement. Lower, wider heels will relieve pressure and pain on the ball of the foot. 	
Rubber Rain Boot 	<ul style="list-style-type: none"> Flat sole without arch support can lead to imbalance, as well as arch and heel pain. Improper fit will cause toes to strain while gripping. Rubber material does not allow foot to breathe. 	<ul style="list-style-type: none"> Use an insert, such as those made by Spenco®, to provide arch support and ensure a better fit. Buy boots made of natural fibers that will absorb moisture. 	

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Six helpful reminders from the American Podiatric Medical Association (APMA) for boot buying this fall:



Have your feet measured, size can change with age! Try boots on in the afternoon as feet tend to swell during the day. Make sure to fit your foot to the boot, not all sizes are the same.



Boots should feel comfortable when you try them on, there shouldn't be a need to "break them in."



A boot made with natural fibers, like leather, will keep your feet dry and comfortable and wick away moisture that tends to form during the winter months.



Choose a boot with ample toe room, a firm heel counter and traction to ensure stability.



Take a shoe insert with you during a boot buying trip in case a pair lack proper arch support.



Your feet will thank you for following these guidelines - and not sacrificing them for the fashion trend of the moment!



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