



## Common Sense in Medicine

**This information is based on patient interaction of over twenty-five years in the Dallas office of Dr. David Hubler M.D. Board Certified Orthopedic Surgeon**

### **Running or Walking Shoes**

Remember when we had just two types of sports shoes, high top basketball shoes and tennis shoes. We now have shoe options too numerous to name. Some of these shoes are outrageously priced and not worth the \$100 plus price tag.

The most important factor in choosing shoes is comfort not style. When shopping for shoes, pick out three pairs that are acceptable to you. Blind-fold yourself and wear each for 10 minutes, then choose.

If you jog for exercise, you need a shoe with a very firm sole to absorb the shock. If you are heavy, you will need a firmer sole than someone who is thin. If you walk, you need a softer sole that will give a little so you don't feel like you are on concrete. If you twist your ankle easily, a shoe with a wider sole is more stable.

Generally get your shoes a size larger than the salesman suggests. Buy shoes for the widest part of your foot, usually the forefoot. If your heel slips up and down, glue in some pads to narrow the heel of the shoe.

Don't tie the laces around

under the shoe or around the ankle. This cuts off circulation to part of the foot. The laces should hold you to the back of the shoe so you don't hit your toes even if you stop suddenly.

Arch supports in shoes are for people with high arches, not flatfeet. That part of your foot is not designed to bear weight. When you buy shoes, cut back on the amount of running for awhile to lessen the chance of stress fractures.

To minimize athlete's foot fungus, let your shoes dry well between uses by alternating two pairs. Also wipe between your toes with your socks each time before putting on your shoes to remove dead skin cells that build up. Walk barefoot on your tip toes to build strength in your feet.

Remember, buy a size larger and go for comfort over brand, color, or style. Common sense!

### **Shoe Choices**

**By David Hubler MD**

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