

Introduction

When shopping for shoes, you want to have more than fashion in mind — you'll also want to consider function and keeping your feet in good shape. These 10 tips can help you choose the right shoes:

Sources: <https://www.health.harvard.edu/staying-healthy/10-tips-for-finding-the-right-shoes>

Tips

- 1. Take a tracing of your foot with you.** Place any shoe you think you might buy on top of the tracing. If the shoe is narrower or shorter than the tracing, don't even try it on.
- 2. Shop for shoes during the afternoon** — your foot naturally expands with use during the day.
- 3. Wear the same type of socks to the store** that you intend to wear with the shoes.
- 4. Have a salesperson measure both of your feet** — and get measured every time you buy new shoes. Feet change with age, often growing larger and wider. If one foot is larger than the other, buy a size that fits the larger foot.
- 5. Stand in the shoes.** Press gently on the top of the shoe to make sure you have about a half-inch of space between your longest toe and the end of the shoe. This provides enough room for your foot to press forward as you walk. Wiggle your toes to make sure there's enough room.
- 6. Walk around in the shoes to determine how they feel.** Is there enough room at the balls of the feet? Do the heels fit snugly, or do they pinch or slip off? Don't rationalize that the shoes just need to be "broken in." Find shoes that fit from the start.
- 7. Trust your own comfort level rather than a shoe's size or description.**
- 8. Sizes vary between manufacturers.** And no matter how comfortable an advertisement claims those shoes are, you're the real judge.
- 9. Pay attention to width as well as length.** If the ball of your foot feels compressed in a particular shoe, ask if it comes in a wider size. Buying shoes that are a half-size bigger — but not any wider — won't necessarily solve the problem. Feel the inside of the shoes to see if they have any tags, seams, or other material that might irritate your foot.
- 10. Examine the soles.** Are they sturdy enough to provide protection from sharp objects? Do they provide any cushioning? Take note of how they feel as you walk around the shoe store. Try to walk on hard surfaces as well as carpet to see how the shoe feels on both.

Good footwear should have these qualities:

- The inner side of the shoe must be straight from the heel to the end of the big toe.
- The shoe must grip the heel firmly.
- The forepart must allow freedom of movement for the toes.
- The shoe must have a fastening across the instep to prevent the foot from slipping when walking.
- The shoe must have a low, wide-based heel; flat shoes.
- The shoe should have a low, wide-based heel. Small heels (1/4" to 1/3" for a men size 9, scaled to other sizes) are recommended.

Advice

- Do not expect that footwear which is too tight will stretch with wear.
- Have both feet measured when buying shoes. Feet normally differ in size.
- Buy shoes to fit the bigger foot.
- Buy shoes late in the afternoon when feet are likely to be swollen to their maximum size.
- Ask a doctor's advice if properly fitting shoes are not available.
- Consider using shock-absorbing insoles where the job requires walking or standing on hard floors.

When selecting footwear, one should remember that tight socks or stockings can cramp the toes as much as poorly-fitted shoes. Wrinkled socks, or socks that are too large or too small, can cause blisters. White woollen or cotton socks may be recommended since coloured socks cause skin allergies in some people.

Mens Shoe Size Chart

Mens Shoe Sizing Chart

EU Shoe	US Male Shoe	UK Shoe	cm
36	3.7	2.7	22.5cm
36.5	4.2	3.2	23cm
37	4.5	3.5	23.2cm
37.5	4.8	3.8	23.8cm
38	5.2	4.2	24.2cm
38.5	5.5	4.5	24.5cm
39	5.8	4.8	24.8cm
39.5	6.2	5.2	25.2cm
40	6.7	5.7	25.5cm
40.5	7.2	6.2	25.5cm
41	7.6	6.6	25.8cm
41.5	8	7	26.2cm
42	8.3	7.3	26.5cm
42.5	8.7	7.7	26.8cm
43	8.9	7.9	27.2cm
43.5	9.3	8.3	27.5cm
44	9.7	8.7	27.8cm
44.5	10.2	9.2	28.2cm
45	10.5	9.5	28.5cm
45.5	10.9	9.9	28.8cm
46	11.2	10.2	29.2cm
46.5	11.5	10.5	29.5cm
47	11.8	10.8	29.8cm
47.5	12	11	30.2cm
48	12.3	11.3	30.5cm
49	13.2	12.2	31.2cm
50	14.2	13.2	31.8cm
51	15.2	14.2	32.5cm
52	16.2	15.2	33.1cm

Womens Shoe Sizing Chart

EU Shoe	US Female Shoe	UK Shoe	cm
35	4.5	2.5	21.9cm
36	5.1	3.1	22.5cm
37	5.5	3.5	23.2cm
37.5	6	4	23.5cm
38	6.5	4.5	23.8cm
38.5	6.9	4.9	24.2cm
39	7.2	5.2	24.5cm
39.5	7.5	5.5	24.8cm
40	7.8	5.8	25.2cm
40.5	8.2	6.2	25.5cm
41	8.5	6.5	25.8cm
41.5	9	7	26.2cm
42	9.5	7.5	26.5cm
42.5	10	8	26.8cm
43	10.4	8.4	27.2cm
43.5	10.8	8.8	27.5cm
44	11.2	9.2	27.8cm

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