

Mayo Clinic Minute

Best shoes for healthy feet

Video	Audio
Vivien Williams	Poorly fitting footwear can cause foot pain, injuries and even deformities.
Glenn Shi, M.D. Orthopedic surgery Mayo Clinic	“Oftentimes, people wear shoes that are not fitted for them.”
Vivien Williams	Dr. Glenn Shi says opting for style over a good fit can really cause problems. For example, some flip-flops don’t give the sole of your feet enough support, prompting aching arches. And high heels, especially those that are too narrow, put pressure on the small bones in your toes, possibly resulting in bunions, hammertoes or neuromas. Neuromas are painful thickening of tissues around nerves. The good news is proper-fitting footwear helps. Dr. Shi has three tips to healthy feet.
Glenn Shi, M.D.	“The best three ways to find good footwear is to, one, look at the sole.”
Vivien Williams	You want support with flexibility.
Glenn Shi, M.D.	“The second thing you should really look for is consider finding a shoe that has a large toe box.”
Vivien Williams	The toe box should be large enough to hold your foot comfortably when standing.
Glenn Shi, M.D.	“And finally, find something that gives you a reasonable cushion.”
Vivien Williams	Comfortable padding between your foot and the floor.

For the Mayo Clinic News Network, I'm
Vivien Williams.