



Performance
Physical Therapy

Care at its Best!
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“Oh, My Feet Are Killing Me!”

Sound familiar? Proper-fitting shoes make all the difference whether you walk or run. Follow these guidelines to ensure that you are choosing the correct shoes;

- **Wear the correct shoes for the activity you are doing;** For example, running shoes tend to be more flexible than walking shoes, therefore making it important to use shoes specific for the activity they are intended for.
- **Know your feet;** Yes, we all have 10 toes, but do you over-pronate or supinate? If you over-pronate, you tend to roll inwards on your feet & you will have flat feet or low arches. Look for shoes with a motion-control feature & maximum support. If you over-supinate, your feet roll outwards & you have high arches. Look for a cushioned shoe with a soft midsole.
 - **Does the shoe fit;** There should be 3/8-1/2 inch between your big toe and the shoe. You should be able to wriggle your toes. The heel should fit snugly and should not slip when you walk.
 - **Shop at the end of the day;** Feet swell during the day, buy shoes when your feet are at their largest.
 - **There is no such thing as breaking in;** Be sure shoes are comfortable at the time of purchasing. If they are uncomfortable in the store, do not make the purchase.
 - **Know when to replace them.** The average pair of running shoes should be replaced after about 350-400 miles of use.



Heel Pain?

Are you suffering with pain in your heel or the arch of your foot? You could have “Plantar Fasciitis”, an inflammation of the thin layer of soft tissue that supports the arch of your foot. Try this stretch to increase the flexibility of the plantar fascia;

- Hook a towel or strap around the top of your foot and pull the foot back towards you.
- Go to the point that you feel a stretch in the arch.
- Hold for 30 seconds and repeat 3 times.

For more information, or to confirm this diagnosis, please see your physician, podiatrist or Physical Therapist.



The information on this page is provided to you from Performance Physical Therapy. It is not intended to replace any information/treatment provided to you by your health care provider. If you experience any pain while participating in this exercise, please contact your health care provider. Please feel free to check with your Physical Therapist if you have any questions about the information provided on this page.

We are here to help you reach your Peak Performance!

Ph: 401-726-7100 or 401-435-4540

6 Convenient Rhode Island Locations

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