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(562) 433-0478

Find Your Fit

A Simple Guide to Foot Types & Shoe Selection

Why Shoe Fit Matters

Most foot problems start at the ground level—**your shoes**. When your shoes don't match your foot's structure, it can lead to discomfort, pain, and even long-term issues like plantar fasciitis, tendonitis, or joint strain.

This guide will help you:

- Understand your foot type
 - Choose shoes that match your foot structure
 - Avoid common shoe-fitting mistakes
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Step 1: What's Your Arch Type?

Try the **Wet Footprint Test**:

1. Wet the bottom of your foot.
2. Step onto a brown paper bag or concrete surface.
3. Observe the imprint.

What you see tells you a lot:

Arch Type	What You'll See	Shoe Needs
Flat Arch	Almost the entire foot is visible	Extra support, stability
Neutral Arch	Curve along inside of foot; heel/toe linked	Moderate support, flexible cushioning
High Arch	Very narrow or disconnected arch area	Cushioned, shock-absorbing shoes

Step 2: Understand Your Foot Structure

Knowing your foot shape helps avoid unnecessary trial and error when shopping.

Common Foot Structures:

Type	What It Means	Watch Out For
Neutral Foot	Balanced arch, even pressure distribution	Usually tolerates most supportive shoes
Flat Foot	Low arch, foot may roll inward (pronation)	Overuse injuries, plantar fasciitis
High-Arched Foot	Stiff arch, limited shock absorption	Stress fractures, ankle sprains
Pronated Foot	Ankles lean inward excessively	Needs motion control/stability
Supinated Foot	Ankles roll outward	May need more cushioning & lateral support
Wide Forefoot	Toes need more space	Look for wide toe box shoes
Claw Foot	High arch + curled toes	Special footwear or custom orthotics

Step 3: Know Your Toe Shape

Shoe fit also depends on your **toe shape**. Use your **longest toe** (not just your big toe) to determine shoe length.

Toe Shape	Description	Fit Tip
Egyptian	Big toe is longest	Most shoes are designed for this shape
Greek (Morton's Toe)	Second toe is longest	Ensure toe box doesn't crowd that second toe
Roman	First three toes are about the same length	Round or square-shaped toe box works best
Peasant	All toes are about the same length (boxy shape)	Look for wide, square toe boxes
Celtic/Germanic	Variations with wider or prominent toes	Avoid tapered shoes


Step 4: Understand Shoe Width & Volume

Shoe Widths:

(Width labels vary by gender)

Width	Women's Label	Men's Label
Narrow	AA / A	B
Medium	B (Standard)	D (Standard)
Wide	D / E	2E
Extra Wide	2E / 4E	4E / 6E

But width isn't everything. **Foot volume** (height/thickness) affects fit too.

 *Pro Tip:* Two people can wear the same size and width, but one may need a wide shoe due to thicker, high-volume feet—while another may not.

When to See a Podiatrist

 Consider scheduling a foot evaluation if:

- You experience ongoing foot pain
- Shoes never feel quite right
- You have bunions, flat feet, or high arches
- You've had repeat injuries or instability
- You're unsure of your foot type or arch support needs


A podiatrist can:

- Assess your foot type and gait
 - Help you choose the right shoes or orthotics
 - Treat underlying foot conditions
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Shoe Shopping Checklist

- ☒ Shoes feel comfortable immediately
 - ☒ No pinching, slipping, or tight spots
 - ☒ Room for longest toe (thumb-width from end)
 - ☒ Correct width + enough space for toe shape
 - ☒ Support matches your arch and structure
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Need Help Finding the Right Fit?

 Visit Sol Foot & Ankle Centers for a personalized shoe fitting and foot exam.

We're here to help your feet feel great again.

 Call (562) 433-0478

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