

# Footwear



## Purpose:

- appearance
- comfort
- protection
- sturdiness
- support

## Anatomy:

- 26 bones
- 33 joints
- 107 ligaments
- 19 muscles
- Tendons hold it all together

## Ergonomics:

- ✓ Contact stress - walking, pressure on your foot is more than body weight
- ✓ Over a day=Force=to several hundred tons on the feet
- ✓ Average: 8,000 - 10,000 steps a day
- ✓ 115,000 miles in a lifetime (4 times the circumference of the globe)

**Heel Height:** Avoid high heels (best option)

## If you wear heels

- ✓ Vary height
- ✓ Use right shoe for activity

## Shoe Construction:

- No more that 3/4" height
- Wider heel with rigid & padded heel counter
- Widest part of shoe fits widest part of your foot
- Toe wiggle room

## Buying Tips:

1. Measure both feet while standing later in day
2. Buy for larger foot. Measure every time!
3. Try on both shoes
4. Shoe should immediately be comfortable, no pinching
5. Try on with the socks you will use

## Features

- ✓ Leather upper
- ✓ Stiff heel counter
- ✓ Appropriate cushioning
- ✓ Flexibility at ball of foot



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