

## **How to Choose a Supportive Everyday Shoe.**

Three simple tests to check if the shoe will support your foot properly:

- 1 The heel counter should be solid. You should not be able to dent it or pinch it.
- 2 The sole of the shoe should naturally want to flex at the toe but there should be no flex through the rear portion of the sole.
- 3 When you grip the shoe at the toe and the heel and twist. There should be very little movement. You should not be able to wring the shoe out.

Other important feature of a supportive shoe:

- There should be laces, a strap or Velcro across the top of the shoe so that your heel is held back in the heel of the shoe and your foot is not sliding forwards into the toe of the shoe.
- The toe box should be deep and square. Avoid shoes that taper into a pointed toe.
- A thick rubber or synthetic sole is better for cushioning than a leather sole.
- A leather upper is more likely to stretch and breath.
- Avoid slip-on court shoes or shoes that are so loose that you can kick them off.