UNIVERSITY ORTHOPAEDICS, INC
(412) 687-3900

FOOTWEAR RECOMMENDATIONS

BASIC SHOEFITTING GUIDELINES

Be sure to have both feet measured every 2 years and choose shoes to fit the longest foot.

Only buy shoes at the end of the day when feet are most swollen.

Wear the types of socks that will normally be worn with the shoes.

When standing there should be one thumbs width between the end of the shoe and the longest toe.

When standing the foot should not bulge over the sole of the shoe.

The widest part of the foot(area between bases of 1st and 5th toes) should be in the widest part of the shoe.

With the shoe tied, the heel should not slip in and out of the shoe while walking.

DO NOT BUY SHOES THAT FEEL TOO TIGHT IN THE STORE EXPECTING THEM TO STRETCH OUT AND FEEL BETTER WITH TIME.

ONE RECENT STUDY SHOWED 86% OF WOMEN WILL SEEK MEDICAL CARE FOR FOREFOOT PROBLEMS AND THE MAJORITY OF THESE ARE CAUSED BY IMPROPER FOOTWEAR. SIZES VARY BY MANUFACTURER SO BUY SHOES BY FIT NOT BY SIZE. THE "LAST" IS THE WOODEN BLOCK THE SHOE IS MADE OVER. EACH BRAND AND STYLE OF SHOE HAS A DIFFERENT LAST SO CHOOSE A SHOE SHAPE THAT MATCHES YOUR FOOT. WALK IN THE SHOE IN THE STORE AND ONLY PURCHASE IT IF IT FEEL COMFORTABLE. DO NOT BUY SHOES EXPECTING TO BREAK THEM IN.

Women's Dress Shoe Recommendations

All women's feet are wider in the forefoot and narrower in the heel. Typical dress shoes are either narrow the entire length(ie 7N) so they fit the heel and cramp the toes or are wide the entire length(ie 7W) so they fit the toes and allow the heel to slip out of the shoe with each step. Many women find it most comfortable to look for "combination last" shoes meaning that the toebox is wide and the heel is narrow. Combination last shoes are designated with a fraction of two letters after the length, ie 7 D/B where the top letter refers to the width of the toebox and the bottom letter refers to the width of the heel.

Shoes should be made of soft leather uppers with a rounded toebox. The heel should not be greater than 1 to 11/2 inches in height since it places excessive pressure on the ball of the foot and crowds the toes in the narrow part of the shoe. A rubber sole is preferable since studies of pressure under the foot have shown that a hard leather sole is no different than walking barefoot.

RECREATIONAL SHOE RECOMMENDATIONS

As a rule of thumb, women's sneakers are a B width and men's sneakers are a D width. Only a few manufacturers(ie New Balance) make sneakers in specific widths. A woman with a wide foot can simply go into a man's sneaker or can choose a shoe from a manufacturer than produces wider widths. The same rules for proper shoefit apply to sneakers. Crosstrainer sneakers are one of the most comfortable types of shoes for people with forefoot pain because of their stiff but cushioned rubber soles.

SPORT SPECIFIC SHOE RECOMMENDATIONS

GOLF SHOES, CLEATS, BALLET SHOES, ICE SKATES, SKIS, ETC SHOULD BE FIT BY A QUALIFIED PROFESSIONAL SUCH AS A CERTIFIED PEDORTHIST.

relieve pain and stiffness, help the patient follow his exercise routine.

(see last page for full prescribing information.)

Exercises for Cervical Strain

General Instructions:

Stretching exercises are an important part of treatment to relieve discomfort in your neck. They help restore motion and relieve pain associated with stiffness.

Follow the exercise routine prescribed by your doctor. These exercises are more effective when performed in the shower, after a shower or following application of hot, moist towels. Moist heat relieves pain by increasing blood flow to the muscles of your neck.

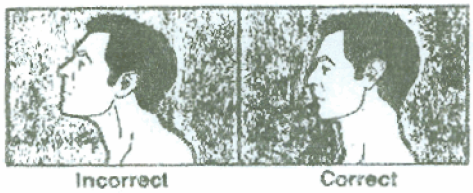
Gradually increase the number of times you repeat each exercise as your condition improves, but stop when fatigued. They may be done intermittently during the day, to help relax and relieve tension of the neck and shoulder muscles. Perform exercise #5 every two hours if you work at a desk. Take an exercise break during your work day!

Additional Instructions:

SEE BACK OF THIS PAGE
FOR RECOMMENDED EXERCISES

Helpful hints for a healthy neck

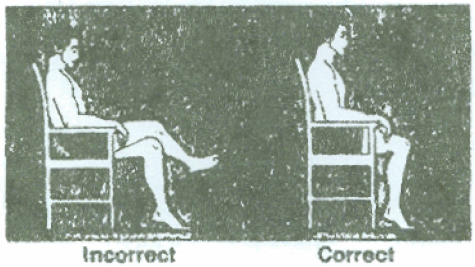
Standing and sitting



Incorrect Correct

While standing or sitting, keep neck drawn back and chin tucked in, not up.

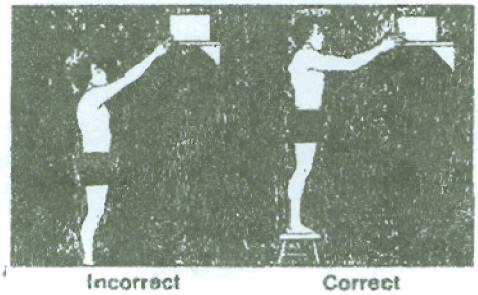
A proper chair will support your arms and shoulders and help prevent strains of the neck due to forward thrust.



Incorrect Correct

Reaching

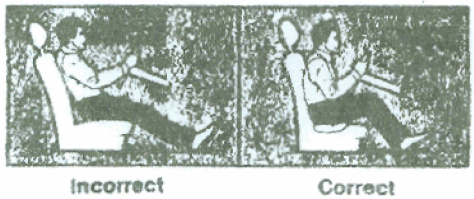
Don't reach for a shelf higher than your head. Stand on a stool. Don't reach or look up for any length of time.



Incorrect Correct

Driving

Don't drive with the seat too far back or too low. If necessary, sit on a pillow or use a seat support such as Sacro-Ease® to avoid stretching up and forward to see over the steering wheel.

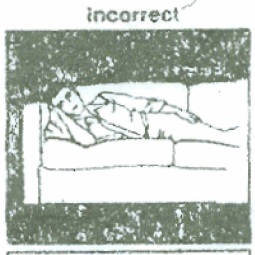


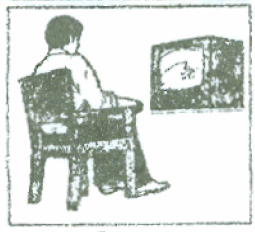
Incorrect Correct

Resting and Sleeping

Don't lie on the sofa to watch TV; sit up properly. Don't prop your head up or forward on high pillows while reading or watching TV.

Incorrect

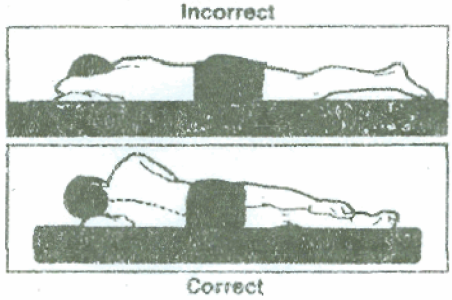




Correct

Don't sleep on your stomach.

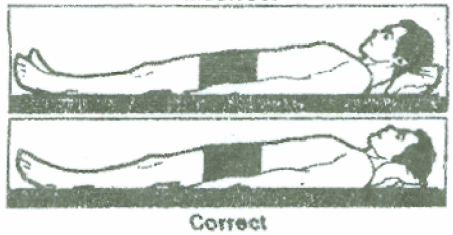
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Correct

Lie on your side and adjust your pillow to maintain your head and neck in a neutral position. Keep your arms down.

Incorrect



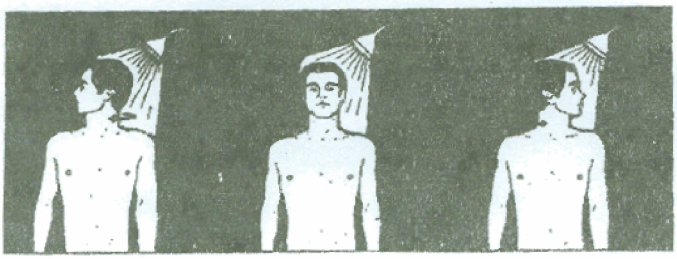
Correct

If you sleep on your back, put a pillow under your neck, not your head.

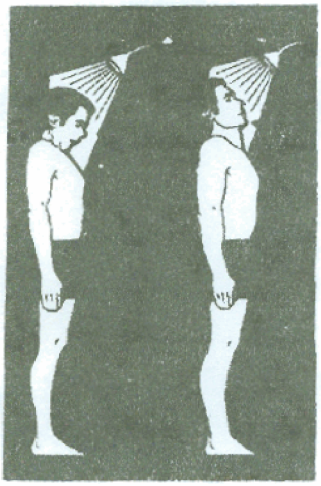
Use a bed board or a firm orthopedic mattress. A proper pillow is 3-4 inches thick, 6-7 inches wide, 16 inches long. If you have a neck problem, try an inexpensive contoured pillow, such as the Jackson Cervipillo. Don't sleep in a chair.

xercises:

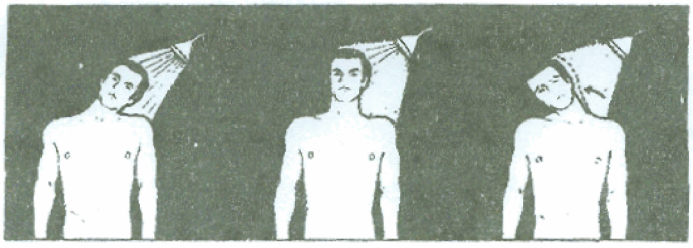
and under a hot shower for five to ten minutes and ırform the following exercises, twice daily if possible.



1. Stand erect. Turn head slowly as far as possible to the right. Return to normal center position and relax. Turn head slowly as far as possible to the left. Return to normal center position and relax.



2. Stand erect. Try to touch your chin to your chest, slowly. Raise head backwards, looking up at ceiling, slowly.



3. Stand erect. Try to touch left ear to the left shoulder. Return to normal center position and relax. Try to ouch right ear to the right shoulder. Return to normal center position and relax.



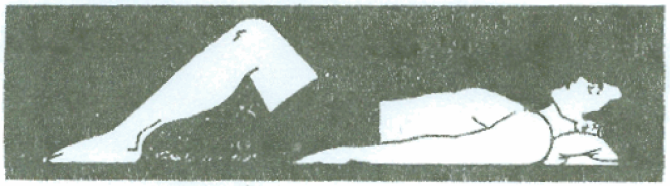
4. Stand erect. Raise both shoulders as close to the ears as possible and hold as you count to five. Relax. Stretch your shoulders backward as far as possible and hold, then relax.



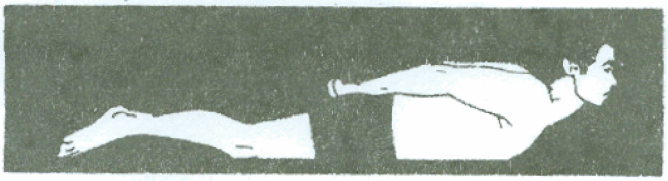
5. Stand erect. With one hand, grasp the thumb of the other hand behind the back, then pull downward towards the floor. Take a deep breath, stand on toes, and look at the ceiling while exerting the downward pull. Hold momentarily, then exhale slowly and relax.

Repeat ten times every 1-2 hours during the day.

Perform these exercises twice daily, preferably after a hot shower.



6. Lie on back, knees flexed, with a small pillow under your neck. Take a deep breath slowly, fully expanding chest, then exhale slowly. Repeat ten times.



7. Lie on your stomach with hands clasped behind back. Pull shoulders back and down by pushing your hands toward your feet, pinching shoulder blades together, and lift head from floor. Take a deep breath. Hold for two seconds. Relax.