# SAVE FEET INDIA

**FOOTHEALTH • EDUCATION • PREVENTION**

**Healthy Feet. Better Life.**

# CHOOSE FOOTWEAR THAT FITS



## THE FIT TEST

Try both shoes with the socks you normally wear. Stand and walk for a minute. Check:

- Your longest toe has a little space in front
- Toes can move - no side pressure
- Heel stays secure when you walk
- No seam, strap or edge rubs
- Both shoes feel comfortable immediately
- A shoe that needs “breaking in” is usually not the right fit.



## TOE ROOM

- Your toes should sit naturally side by side inside the shoe.
- They should not be squeezed, overlap, or press against the shoe’s sides.



## ENOUGH WIDTH

- Your toes should sit naturally side by side inside the shoe.
- They should not be squeezed, overlap, or press against the shoe’s sides.
- Check while standing and walking. If you feel rubbing, pressure, numbness, or the upper is bulging outward, the shoe is too narrow.




## HEEL HELD

- Your heel should feel secure in the back of the shoe when you walk. It should not lift up and down, slide sideways, or rub.
- Walk a few steps. If the heel slips, the shoe may be too big, too loose, or not shaped correctly for your foot.




## SOFT UPPER

- The part of the shoe over your toes should feel soft and flexible. It should not press on a bunion, toe joint, nail, or any tender area.
- Avoid hard seams, stiff edges, tight straps, or material that rubs. If you can feel pressure while trying the shoe, it will usually worsen with walking.




## RIGHT FROM DAY ONE

- A new shoe should feel comfortable immediately. You should not need to “break it in.”
- If it rubs, hurts, feels tight, or creates pressure in the shop, it is unlikely to improve with walking. Choose comfort from the first step.

**IF A SHOE RUBS, HURTS OR FEELS TIGHT - IT DOES NOT FIT.**

Educational information only. Save Feet India does not replace individual medical assessment, diagnosis or treatment. © 2026 Save Feet India