

Proper Shoe Fitting

Proper fit is essential for long-term foot health. Do not assume that a person's everyday shoes are the correct size. Many people wear shoes that are the wrong length or width. Here are some guidelines to help you determine your patient's correct shoe size:

- 1) Use the Brannock Device to measure patient's feet. Patient should wear socks while measurements are being taken. The Dr. Comfort Brannock is designed to measure both men's and women's feet. Note: All men's measurements are in **Blue** and women's are in **Yellow**.

- 2) Take 3 separate measurements.
 - a) **Heel-to-Toe Length:** Press the toes flat against the base of the Brannock Device and look straight down over the longest toe (not necessarily the first toe) to read toe length. Make sure the patient's socks are snug against the toes (without drawing the toes back) to get an accurate measurement. Write this number down on the Shoe Fitting form.
 - b) **Heel-to-Ball Length (Arch):** Place your thumb on the ball joint of the foot. Slide the pointer forward so the inside curve of the pointer fits the ball joint of the foot and the two high ribs come in contact with your thumb. When the pointer is properly located, the lower middle rib will be against the center of the ball joint on the side of the foot. This yields the arch measurement. Write this number down on the Shoe Fitting form.
 - c) **Width:** Slide the width bar to just touch the edge of the foot. On the sliding width bar, locate the length. To determine correct length, use the midpoint between the heel-to-toe length and the heel-to-ball length. (Midpoint is defined as 1/2 way between heel to toe measurement and heel to ball measurement - see measuring form) Find the width measurement that lines up to the shoe length on the width bar. If the shoe size falls between the widths, choose the wider width. If the foot is extremely fleshy or has a high instep, it may be necessary to fit an extra width wider. Make sure you use **Blue** letters for men and **Yellow** letters for women. Translate this letter to correct width, Medium, Wide, Extra Wide and write this width down on the Shoe Fitting form.



- 3) Reverse the Brannock Device end to end and measure the other foot. It is common for people to have feet of different sizes. Always fit shoes to the larger foot.
- 4) Have patient try on the Dr. Comfort sample shoe or shoes which is nearest the size you have determined to be correct. Make sure you pull the tongue up before lacing to assure proper fit.
- 5) Determine if fit is correct.
 - a) Check to see that the ball of the foot is at the widest part of the shoe. If ball is forward (toward toes), shoe is too short. If ball is back (towards ankle), shoe is too long. The area from the ball of the foot to the toes should NEVER be tight.
 - b) Check toe location. There should be 1/4- to 3/8-inch room at the toe for proper fit. Shoe can feel snug around the instep as leather will shape and form, but the shoe should not feel excessively tight at the instep. If it does, patient may need a half size longer or one size wider.
 - c) Note: As a general rule, longer is usually better. Never fit short.
- 6) Help patient select an appropriate style and color. Consult the Dr. Comfort catalog or use the Quick Reference Index Card.
- 7) Order shoes and correct number of inserts on the Dr. Comfort Shoe Order Form. A master copy of the form is located in Section 5 of this manual. Simply fax to: 262-242-9300

or
- 8) Take a Bio-foam impression of foot. Complete order form and ship Bio-foam and order form to Dr. Comfort.



Examples of Proper Shoe Fitting

Q: Both of a male patient's feet measure 9 1/2 in heel-to-toe length and heel-to-ball length and the width is C. How do you fit the patient?

A: **Try fitting patient with a 9 1/2 M. If you do not have a 9 1/2 M, try a 10 M. If the 10 M is too roomy in the toe box, try a 9 M. If the 9 M is short in the toe box, then you may assume that a 9 1/2 M is the correct size to order.**

Q: A patient with the same size feet as above has a very high instep. What size shoe would the patient wear?

A: **A very high instep should be fitted with a 1/2-size longer shoe. In this case, the patient would wear a 10 M.**

Q: Another patient with the same size feet as above has a fleshy or thick instep. What size would he wear?

A: **A swollen or fleshy foot should be fitted one size wider or 1/2-size longer, whichever fits best. In this case, try a 9 1/2 W or 10 M. Always remember, the best fit will have the ball at the widest part of the shoe.**

Q: Your patient's feet measure 7 1/2 heel-to-toe and 8 1/2 heel-to-ball. What is the patient's correct shoe size?

A: **Start by splitting the difference and try an 8. The shoe size usually is equal to or greater than the heel-to-toe measurement. In general, do not go more than one full size larger than the heel-to-toe measurement (e.g. heel-to-toe is 7 and heel-to-ball is 10, try an 8). When you split the difference to get the shoe length, always use this shoe length to determine the width. In other words, use size 8 on the Brannock to determine shoe width.**




Sample of Shoe Fitting Form

SHOE FITTING FORM
(KEEP THIS FORM IN PATIENT FILE)

Patient Name _____

Current Size & Width _____

Date of Fitting _____



Nobody Beats Our Comfort!

NOTE: RETAIN THIS FORM FOR YOUR OFFICE RECORDS

	Right Foot	Left Foot	Comments
1. Heel To Toe			
2. Heel To Ball			
3. Midpoint of 1 & 2			
4. Width*			
5. High Instep	Yes / No	Yes / No	
6. Fleshy Or Thick Instep	Yes / No	Yes / No	
7. Significant Swelling	Yes / No	Yes / No	
8. Hammertoes Bunions	Yes / No	Yes / No	

* *Midpoint Measurement is the size that is half way between heel to toe and heel to ball to the closest full or half size, but never more than one full size greater than heel to toe measurement. Use the midpoint to determine width size. Try a shoe on closest to this measurement (midpoint and width).*

Shoe Choice

Name	Color	Size	Circle Width
			M W XW

Mens Widths

M = B/C/D

W = E/EE

XW = EEE/EEEE

NO EXTRA WIDE IN
MENS SIZE 14

7 1/2, 8, 8 1/2, 9, 9 1/2, 10, 10 1/2, 11, 11 1/2, 12, 13, 14

Womens Widths

M = A/B

W = C/D

XW = E/EE

NO EXTRA WIDE IN
WOMENS SIZE 11

5 1/2, 6, 6 1/2, 7, 7 1/2, 8, 8 1/2, 9, 9 1/2, 10, 11

Pairs of Inserts 0 1 2 3

ALL FORMS AVAILABLE AT www.drcomfortdpm.com

If you are in need of this form feel free to call Dr. Comfort and we will be glad to send them to you.

Always Remember

- 1) Determine shoe size based on the patient's largest foot. However, if the right and left foot vary by more than 1-1/2 sizes, consider ordering two different size shoes. (50% premium charged for splitting pairs)
- 2) If the instep of the shoe feels slightly snug when trying on a sample shoe, that should not pose a problem as the leather will shape to the foot. However, if the shoe feels extremely tight, patient should wear the same length shoe, but one size wider.
- 3) Patients frequently wear shoes that are too short and wide. Do not be influenced by a patient's stated shoe size.
- 4) If the heel counter feels stiff or digs into the patient's heel then remove the shoe and flex the counter of the shoe with your palm by pushing it forward towards the toe of the shoe.
- 5) If the patient's shoe is slightly too large you can snug it up by placing a Dr. Comfort blue filler under the heat molded insert. Complimentary pair of blue fillers is included with each pair of shoes shipped.



Dr. Comfort Fitting Tips 2006

One of the great features of all Dr. Comfort shoes is that they are all made on similar lasts. The lasts help to define the shape of the shoe. There are essentially three different lasts on Dr. Comfort shoes – Men's, Women's A (non-euro style) and Women's B (euro style). The Women's euro style shoes include the Lily, Betty, Lu Lu, Move and Walk.

The consistency of the last is important as it allows similar shoe fitting strategies between shoes within the same last. For example, a men's size 10W will fit the same in any one of Dr. Comfort men's shoes because the shoe was built from the same last.

There are certain exceptions to the above general rule, however, as the specific design of a particular shoe can affect the way it fits. We've included some suggestions on several shoe styles that do have some fitting nuances to ensure that your patients are properly fitted and absolutely delighted with their Dr. Comfort shoes.

Men's Shoes

Patrick - The Patrick shoe has a lower heel counter than all of the other men's shoes and as a result, does not push the foot as far distally. We suggest that you order this style one-half size shorter to achieve similar fit.

Brian - The Brian shoe has a Lycra® upper and is perfectly designed for patients with hammer toes and bunions. Lycra® is a stretchable material and can make the shoe feel quite roomy. If you feel that this shoe is a bit too loose, we suggest that you order it one width narrower to achieve a more comfortable fit.

Douglas - The Douglas shoe has two Lycra® strips that run distally on the sides of the shoe. This shoe is designed to stretch from plantar to dorsal. The Douglas is great for patients that have thick swollen feet, high insteps, or wear an internal brace. The throat of the shoe is more open and, as such, allows the foot to enter the shoe much easier. If you have a patient that likes this shoe but does not have any of the above criteria (swollen feet, high insteps, internal brace), we suggest that you order this shoes one width narrower to achieve a good fit.



Women's Shoes

Merry Jane - The Merry Jane is an open top shoe and can fit very roomy on a patient's foot. It is very important to order the Merry Jane at least one width narrower and, in some cases depending on the foot, one-half size shorter. This shoe is not recommended, however, if you believe that heel slippage is going to be a problem.

Lu Lu - The Lu Lu shoe is an open top shoe and will fit a bit on the roomy side. It is important to order this shoe one width narrower to achieve proper fit.

Lily, Walk, and Move - These three styles are more tapered in the toe box and should be ordered one-half size longer to achieve a fit similar to the other women's shoes.

Annie - See the fitting tips associated with the Brian above.

Betty - See the fitting tips associated with the Douglas above.

Footnotes

Please remember that you would normally ***not*** want to fit your diabetic patients either shorter or narrower than measured. However, by following the above instructions for the noted shoes, you will achieve a fit comparable to the other shoes in our line.

It is also very important to remember that when you are fitting patients that have narrow heels, it will be easier to accommodate their needs with a lace shoe.

