

About Comfeet

Comfeet 's mission is to provide high quality patient centered Podiatry education and service in a timely, cost effective way for all our clients and persons affiliated with the clinic. We provide a professional, supportive, friendly, warm service in a comfortable environment.

Our Team

Simone McConnie specializing in diabetic foot care and sports

Amor Forde specializing in the general foot health and the diabetic foot

SIZE CHART

US	EUROPE	CM
5.5	36	23.1
6	37	23.5
6.5	37	23.8
7	38	24.1
7.5	38	24.5
8	39	24.8
8.5	39	25.1
9	40	25.4
9.5	40	25.7
10	41	26



[Comfeet footcare clinic](#)

Mars House
#13 Pine Road, Belleville
St. Michael

Phone: 246 436 6030 Fax: 246 436

9775

E-mail: info@comfeet.net

Website: www.comfeet.net

Buying and Fitting a Shoe correctly



COMFORT WITH EVERY STEP



Tips for buying shoes the right way

Make sure you have time to purchase your shoes **NEVER** buy your shoes in a hurry.

Look at the **shoe and compare it to the shape of your foot**, some feet are oblong, square or round, your shoe should look like your foot.

Make sure the shoe is **approximately 1/2 " longer** than your **longest toe** when standing.

Use your regular shoe size as a guide to start trying on shoes. Shoe sizes will vary with different manufacturers.

It is useful to have your shoe size checked every few years as your shoe size varies with weight, and age.

Shoe fitting guidelines

The shoe should have an **effective fastening** e.g. lace –up, functional "T" bar, or strap sandal.

The heel of the shoe should fit snug, it should not slip, or rub your heel.

There should be a **deep toe box** to allow the toes to function and **correct width** to accommodate the widest part of your foot. Consider **orthopaedic type shoes if your foot is difficult** to fit, or if you have bunions, clawed toes or other foot deformities.

Leather uppers are preferable as leather is flexible and can mould to the foot. Not all shoes should be required to stretch.

Purchase your shoes when your feet are at their largest usually in the afternoon.

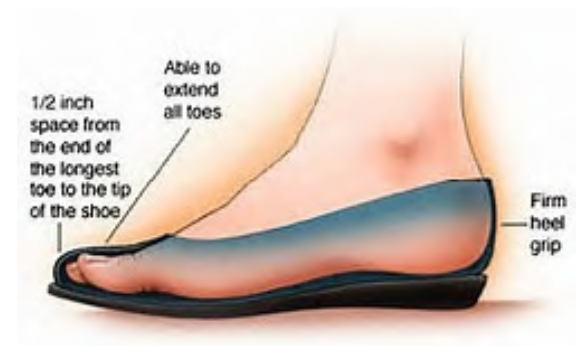
Spend a few minutes in the shoes walking to check that they are **comfortable, wiggle your toes,**

Select your shoes based on the activity you will be doing

LADIES, best to wear heels no higher than 4 cm or 1 1/2 inches especially if you wear them daily

Shoe fitting guidelines

- ◇ Know your size, and remember all shoes have a different way they size shoes.
- ◇ Use your size as a startingpoint for fitting shoes. After that worry about fit not style and size.
- ◇ Always seek the advise of your Podiatrist



Tips to think about when fitting your shoes