

# Your Next Step, P.C.

JULY 2010

## SPECIAL EVENTS!

- ◆ On-Line Shopping at **YOUR NEXT STEP**
- ◆ Buying & Wearing Shoes
- ◆ Travel Tips

### ***On-Line Shopping at Your Next Step***

To find and purchase your item(s) on our online store:

1. Visit [www.yournextstep.net](http://www.yournextstep.net)
2. Click on the "Foot Care Store" link.
3. Search for your product by "Manufacturer" or your "Condition."
4. Once you find your product, add it to your "Shopping Cart."
5. Follow the instructions on our site to pay by credit card (Our online store is a "secure site", which you can trust with credit card information).
6. Expect to receive your order by mail in 3-5 business days.

## Buying & Wearing Shoes

### **Tips for Adults and Children**

Footwear specialist recommend that shoppers discuss size, fit and material with store sales personnel to become better informed. Your shoe size is not a static measurement- sizes vary with style and manufacture.

### **Getting the Right Fit.**

- Have your feet measured while standing. It is a good idea to shop for shoes after you have been on your feet for a few hours, even healthy, normal, feet tend to swell slightly during the day.
- Shoe experts and podiatrists advise having both feet measured since feet are seldom precisely the same size. Always buy for the larger foot.
- Beware of shoes which need a 'break-in period'- proper shoes should be comfortable immediately. Have both shoes fitted and then take a good walk around the store.
- Select shoes that provide good comfortable fit and which give you a psychological lift. Our podiatrists feel the feet, classic examples of durability and grace, can look good too.

### **Purchase with Function in Mind.**

The shoe industry provides styling versatility for everyone- men, women and children. You should select footwear based on its appropriateness both in appearance, support, and comfort. A good rule of thumb: buy footwear for function- for work, leisure time or special activities.

**For work:** Working men and women should earmark at least three pairs of shoes for business hours. People who spend most of their working day on their feet should wear cushioned-soled shoes. Workers in heavy industry should always wear shoes with toe protection.

**For play:** For casual wear, men, women can choose from a wide variety of casual slip-on and tied shoe and boot styles as well as a wide variety of sport shoes and boots.

**For walking:** Support is critical, and a lightweight, tie shoe is recommended. Specialist s also advise that you look for

cushioned heels and soles for bounce on hard surfaces and traction on slippery ones.

**For children:** Though fit is the most important consideration in children's shoes, function applies as well. For every day, crepe or rubber-soled shoes help cushion impact on growing feet better than dressier shoes with thinner soles. Buckled and tied shoes stay on the foot well and are best for active, daily wear. Look for shoes that are straight-laced, have firm, rigid heel, counter and flex at the toe.

Make sure there is room for the child to wiggle his or her toes, that the heel isn't slipping out of the shoe and that there is at least ½ inch from the tip of the child's toe to the end of the shoe.



Dr. Eric Ricefield • Dr. Mark Yagodich • Dr. Jason Hearn  
39 Rittenhouse Place • Ardmore, PA 19003 • (610) 642-8837  
1410 Russell Road, Suite 201 • Paoli, PA 19301 • (610) 644-6501

## Travel Tips

Travel of any kind (plane, train, automobile) usually requires some extra waiting and sitting. Keep these this in mind for more comfortable travel.

- If you are experiencing any pain, problems or discomfort with your feet or ankles, visit our podiatrist immediately. Foot pain is not normal, and should be looked at before traveling anywhere.
- Take a couple pairs of supportive, comfortable shoes and plenty of comfortable socks so they can be changed frequently. Try not to take shoes that have never been worn.
- When traveling, periodically flex your feet and the ankles and wiggle your toes. Unlace your shoes if your feet swell. Keep your legs uncrossed and move around if possible (especially during airline travel, get up and move around for each hour you are on the plane.)
- Be prepared for minor foot problems-pack adhesive bandages, talcum powder, antibiotic or first-air cream, tweezers and nail clippers in your toiletry bag.
- If you injure your foot or ankle during your travels, seek professional advice from a podiatrist. People often incorrectly assume that if a toe is broken it doesn't require immediate attention. Use the internet to contact a podiatrist where you are located.
- Limit walking barefoot to safe, sandy beaches or pool areas. Walking barefoot exposes your feet to sunburn as well as plantar wart viruses, athlete's foot and other infections.
- In sunny locations, regularly apply sunscreen to the tops of your feet.
- Treat your feet well after a long day of sightseeing, shopping or hiking- massage them and keep them elevated.