

# Walking Shoes 101



Tips for purchasing and caring for walking shoes.

## Proper Shoe Fit

- Go to a specialty running store to get good walking shoes. (The best walking shoes are running shoes.)
- Buy shoes appropriate for your foot type. (width, etc.)
- Get sized in the evening, as feet are longer at the end of the day
- Wear your regular socks when trying on shoes to ensure proper fit.
- Bring prescribed orthotics when trying on shoes.
- Allow a half inch between your longest toe and the end of the shoe.
- Take a test walk in store before purchasing. Walking or running shoes don't need to be broken in to be comfortable.



## Shoe Care

- Wear shoes only for walking. Wearing them for playing other sports can break down the motion control and cushioning properties.
- Don't kick off shoes without untying them. This will destroy the heel of the shoe.
- Avoid getting shoes wet. A wet midsole has 40 to 50 percent less shock absorption capability.

## Shoe Replacement

- Replace shoes every six months. Research reports a strong correlation between infrequent change in walking or running shoes and injuries.
- The midsole of a shoe will break down before the outsole (bottom of shoe), as midsoles are made of less durable materials than outsoles. If the midsole begins to look cracked or display wrinkles, it's time to get a new shoes.

For more information about walking go to:

[www.cchs.net/wellness/walks.asp](http://www.cchs.net/wellness/walks.asp)

Adapted from "Running Shoes 101" by **Michele Dierkes MPT, ATC**, *Physical Therapist, Cleveland Clinic Sports Health*