













Professional Shoe Fitting Checklist

✓	STANDING	Look for:	
<input type="checkbox"/>	Shoe length	This check should always be made on the longest toe, which is not necessarily the hallux. On average there should be between 3/8 to 1/2 inch between the end of the toe and the end of the shoe. There should be Adequate width for the toes. There should also be Adequate depth and Space for the 4th & 5th toes.	
<input type="checkbox"/>	Heel to ball	The hallux MTP joint should fit snugly into the ball “pocket” of the shoe	
<input type="checkbox"/>	Ball to toe	There must be room enough for the toes in the end of the shoe when the ball is at the proper place in the shoe. Experimenting with different toe shapes in the last can help solve any problems here.	
<input type="checkbox"/>	Ball width	Make sure that the width of the insole complies with the actual width of the foot. If the insole is too narrow, the foot will run over the sides of the shoe.	
<input type="checkbox"/>	Heel to outer ball	The last is built to accommodate the 5th MTP joint in a “pocket” the same way as the 1st MTP joint on the other side. The line between these two points is called the breakpoint.	
<input type="checkbox"/>	Heel fit	The top edge of the counter should not bite into the tendon. There should be sufficient room to slip a pencil inside. The heel should fit snugly into the pocket.	
<input type="checkbox"/>	Top line	The top rim of the shoe should fit snugly against the foot. Excessive gapping of the topline indicates a faulty fit.	
<input type="checkbox"/>	Instep	The instep must fit snugly without wrinkles. Laces or hook and loop closure may be adjusted to accommodate proper fit. Too tight of fit can constrict blood flow and cause major problems.	
<input type="checkbox"/>	Arch fit	A good fit in the arch hugs the foot. A poor fit is often indicated by wrinkles in the arch area .	
✓	WALKING	Look for:	
<input type="checkbox"/>	Foot / shoe interaction	Observe for signs of foot movement within the shoe during gait. Excessive wobble indicates poor fit.	
<input type="checkbox"/>	Shoe / ground interaction	Observe how the shoe interfaces with the ground. Does it strike the ground and transfer the weightline properly.	
<input type="checkbox"/>	Patient balance	It the patients balance positively effected by the shoes. Are shoe modifications required to enhance stability.	
<input type="checkbox"/>	Heel slippage	Some movement in the heel is normal. Excessive slippage will cause irritation and even injury.	