

Foot Pain in Dress Shoes



Have you ever had a long-anticipated night on the town spoiled by sore feet? The source of your discomfort just might be those pretty shoes you have chosen to wear.

Women's dress shoes are often narrower and less cushioned than shoes worn day-to-day, which may make them uncomfortably confining. And women, young and old, have four times as many foot problems as men, with high heels often being the cause.

Another cause of discomfort could be that you are buying shoes based on your history, assuming that the "right size" for you has remained the same over the years. In fact, as we age, our shoe size tends to increase, in

length, width or both. This flattening of the feet is actually the result of decreased elasticity in the tendons and ligaments that support the foot.

Other age-related changes and conditions contribute to foot pain. Fatty pads on soles and heels break down, resulting in the loss of natural cushioning. Thinner skin and more brittle toenails, also common as feet age, are other foot pain culprits. So are bunions, corns, calluses and ingrown toenails.

Choosing comfort over fashion is a good practice when selecting dress shoes. To ensure a comfortable fit,

- **have both feet measured every time you buy shoes;**
- **try on shoes late in the day, when feet are largest;**
- **walk around the store in the shoes to be sure they are a good fit;** and
- **do not buy shoes that are too tight, too small or uncomfortable in any way.**

Poorly fitting shoes can lead to serious foot problems, and out-of-shape calf muscles wreak havoc on the plantar fascia and bunions. See us for basic stretching and weight-bearing exercises to prevent muscle and bone loss, and improve circulation. This, along with shoes that fit, will make that night on the town something to look forward to.