

## TRADITIONAL SHOE FITTING

Good, old-fashioned, method of measuring feet and getting to know the buyer to determine the best footwear.

1

The on-site Shoe Fitter will measure both feet (in most cases, feet are two different sizes) and determine your shoe size by the size and width of the larger foot to avoid issues associated with wearing shoes that are too small.

2

We will assist you in finding the best shoe to suit your style and needs depending on what type of shoe you are looking for. If we do not have your size in stock or if you would like it in a different color, it can be ordered or transferred for you.

3

We record your fitting for future visits. Because your foot size and width can change due to factors such as age, pregnancy, and weight fluctuations, we recommend getting a shoe fitting every year.

## SHOE FITTING TIPS



Arch Support (or room for an additional arch support/orthotic) to alleviate and prevent arch and heel pain from long periods of standing, or conditions such as Plantar Fasciitis



“Wiggle room” in the toes to help avoid blisters, ingrown toenails and structural deformities such as bunions and hammertoes



A more rigid footbed that is stiff in the middle and flexible in the toes – a good supportive shoe should only bend where the foot bends

## THERAPEUTIC OR DIABETIC SHOE FITTING

Diabetic shoes are specially made to establish total contact with the bottom of the foot, and have a wider toe box, greater depth and a more rigid sole than traditional shoes, in order to prevent injury for those who may have lost sensation in their feet and limbs due to diabetic neuropathy, have poor blood flow to their feet or may have a crooked toe that just needs more room.

Anyone can be fitted for these shoes whether they are diabetic or not. For 1Foot 2Foot patients who are diabetic and meet certain criteria, we may be able to bill your insurance for some or all of the cost of the shoes and inserts.

- 1** A 1Foot 2Foot Podiatrist will perform a Comprehensive Diabetic Foot Exam (CDFE) to determine if you meet the criteria set by your insurance carrier. The doctor will decide whether you will receive prefabricated heat-moldable or custom-made inserts.
- 2** The Podiatrist will then alert the on-site Shoe Fitter (The Shoe Fits is conveniently located inside the podiatry clinic) that you are a candidate for diabetic shoes.
- 3** Without leaving the building the Shoe Fitter will conduct the shoe fitting by:
  - Asking a series of questions such as the name of your PCP and the approximate date of your last checkup
  - Assisting you in selecting a pair of diabetic shoes we have on display
  - Measuring your feet by length, width, and arch length
- 4** If the doctor wishes for you to be fitted for custom inserts, your feet will be placed, one at a time, into a special foam-lined box to make an impression of your feet or by using a digital scanner.
- 5** After the diabetic shoe fitting has been completed, the Shoe Fitter will then send your CDFE results to your PCP, requesting signed physician notes stating that you have diabetes and he/she agrees that you would benefit from such footwear.
- 6** After all office work is completed we will order your shoes and inserts and notify you when we have received them so you can come in to try them on.
- 7** Upon your arrival, we will have you try on both shoes with the inserts and have you walk (if you are able) around the store a bit. The Shoe Fitter will assess the fit by feel and sight and make sure you are comfortable and satisfied.
- 8** The Shoe Fitter will then explain the break-in instructions for your new shoes, as well as have you sign the necessary paperwork needed for us to bill your insurance.
- 9** At your next Annual CDFE appointment, we will repeat the process for your next pair of shoes (most insurances allow one pair of extra-depth shoes and three sets of inserts per year).