



BLOG
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Thomas F. Vail DPM, FACFS
1725 Western Avenue
Suite C
Findlay, OH 45840
(419) 423-1888

Advanced Footcare Clinic

"We let success go to our feet"

e-Footnotes



Fall 2010 ...a newsletter about kids for the entire family!

Shoe Sizing Tips for the Whole Family!

Shoe Sizing Tips

Patients always ask us, "How do I know if a shoe size is right?"

The correct shoe size is important because improperly fitted shoes can cause or worsen existing foot problems like [bunions](#), [hammer toes](#), [plantar fasciitis](#), [stress fractures](#), [ingrown toenails](#), [corns](#), [calluses](#) and even [fungal infections](#). So how do you avoid causing or complicating these and other problems? Follow these tips for sizing shoes:



1. Try on all shoes. You should try on every pair of shoes you wear. Be sure to try on shoes the way you would wear them: [lace and tie them completely](#), wear the kind of socks you would wear with those shoes, and wear any orthotics or other corrective ankle/foot braces when trying on shoes.

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Healthy Back-To-School Footwear Combats Child Obesity
Five Easy-to-Follow Tips to Reduce Injury and Encourage Physical Activity



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As parents and children commence the annual hunt for deals on back-to-school items, shopping for healthy shoes should top the “must-buy” list for more important reasons than just a fashionable new look. [Well-fitting shoes](#) not only reduce the instance of foot and ankle injuries in kids, but they also encourage physical activity, helping to decrease the likelihood of childhood obesity.

If a child's feet hurt, they will be far less likely to participate in outdoor sports and other activities that keep them moving and physically fit.

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