

# We Stretch Shoes & Boots



Shoes that don't fit can cause a variety of problems from blisters, corns and calluses, to foot, leg and back pain. If you are suffering because your shoes are too tight, your local shoe repair shop can provide some relief.

New shoes can be stretched up to a quarter size. Also, your shoe repair shop can stretch just the parts of the shoe that give you problems. Are the calves of your boots too tight. Your shoe repair shop can take care of that as well.

## Finding Shoes that Fit

Selecting a shoe that fits properly is critical. Yet 95 percent of consumers don't wear shoes that fit properly. The reason? Fewer than 10 percent of shoe salespeople have even basic training in foot anatomy or shoe sizing.

Here are some tips on finding shoes that fit.

- Sizes may vary among shoe brands and styles. Don't select shoes by the size marked inside the shoe. Judge the shoe by how it fits on your foot.

- Select a shoe that conforms as nearly as possible to the shape of your foot.
- Have your feet measured regularly. The size of your feet changes as you grow older.
- Have both feet measured. Most people have one foot larger than the other. Fit to the largest foot.
- Fit at the end of the day when your feet are the largest.
- Stand during the fitting process and check that there is adequate space (3/8 to 1/2 inch) for your longest toe at the end of each shoe.
- Make sure the ball of your foot fits comfortably into the widest part of the shoe.
- Do not purchase shoes that feel too tight, expecting them to stretch to fit.
- Your heel should fit comfortably in the shoe with a minimum amount of slippage.
- Walk in the shoe to make sure it fits and feels right. Fashionable shoes can be comfortable.

Remember that quality shoes come in sizes and widths. Make sure you get the proper width for your foot. Putting a narrow foot in a medium-width shoe will cause toe problems. Putting a wide foot in a medium-width shoe will cause the shoe to slip at the heel, and the area designed to support your arch may end up under the ball of your foot.

Use these tips to make sure your shoes fit but, if you find yourself in need of some adjustment, visit your local shoe repair shop.

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**Insert your store information here.**



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**SHOE REPAIR: It's More  
Than You Think**