

The best shoes for healthy feet

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Wearing a pair of ill-fitting shoes can make walking across the room uncomfortable.

Dr. Glenn Shi, Mayo Clinic orthopedic surgeon, says shoes that are too tight, too small or don't give enough support can cause pain and other issues. He has advice on how to choose proper footwear to keep your [feet](#) healthy.

Poorly fitting footwear can cause [foot pain](#), injuries and even deformities.

"Oftentimes, people wear shoes that are not fitted for them," says Shi.

Shi says opting for style over a good fit can really cause problems. For example, some flip-flops don't give the sole of your feet enough support, prompting aching arches. And [high heels](#), especially those that are too narrow, put pressure on the small bones in your toes, possibly resulting in bunions, hammertoes or neuromas. Neuromas are painful thickening of tissues around nerves, often occurring between the third and fourth toes. The good news is proper-fitting footwear helps.

Shi has three tips to healthy feet.

"The best three ways to find good [footwear](#) is to, one, look at the sole."

You want support with flexibility.

"The second thing you should really look for is consider finding a [shoe](#) that has a large toe box."

The toe box should be large enough to hold your foot comfortably when standing.

"And, finally, find something that gives you a reasonable cushion."

There should be comfortable padding between your foot and the floor.

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