



Exclusive Canadian Distributors of Dr. Comfort®

Advanced Shoe Fitting Tips

Dr. Comfort Shoes

- Dr. Comfort shoes are all made on very similar lasts (if not the same) although design of a particular shoe's upper can affect the way it fits. Keep in mind that fitting the right size for your patient does not only involve a quick Brannock measurement of length. Be sure to measure heel-to-ball, heel-to-toe, AND width. Refer to the Proper Shoe Fitting Guide for instructions on how to take accurate measurements.
- Also, in conjunction with Brannock measurements, be sure to note the gait of the patient – for example, their degree of overpronation/oversupination and whether or not they will be wearing orthotics with their footwear. We suggest taking a static impression of your patient's feet to note where the pressure points lie, and to determine foot flat stance. Take into consideration any foot deformities that may affect the fit of the shoe style they select.
- **Remember – if you proceed with a full analysis of your patients' feet before you order their shoes, you will decrease your exchange rate and increase your patient satisfaction rate.**
- Please remember that normally you never want to fit a highly symptomatic patient, and more particularly a diabetic patient, shorter or narrower than measured. However, by following the above instructions, you will be achieving a fit comparable to other shoes in our line. It is very important to remember that when you are fitting patients that have narrow heels, it will be easier to accommodate their needs with a lace shoe. Refer to the Lacing Guide for tips on different lacing techniques to achieve the best fit for your patient. Feel free to ask your territory's account manager for a copy of the Lacing Guide!
- NEVER sell the wrong size shoes. Remember – YOU KNOW BETTER!! Even if your patient insists, for example, that she always wears a size 7M but you measure her as a size 8W, go with YOUR expertise! That patient has visited you because she has foot problems. She NEEDS your expert advice whether she's willing to admit it or not!
- Advise your patients to wear moisture-wicking socks. Cotton blend socks cause blistering, even when the shoe is the right size. Cotton, as you know, absorbs moisture. Moisture plus friction results in a blister. Have your patients wear moisture-wicking socks, and blister problems are solved!

KEY NOTES on specific shoe styles:

Men's Shoes

PATRICK & MIKE → the Patrick and Mike shoes have lower heel counters than all of the other men's shoes and do not push the foot as far distally. Order this style a ½ size shorter or one width narrower to achieve a similar fit.

BRIAN → the Brian shoe has an upper made of Lycra® to fit patients with hammer toes, bunions, and other similar forefoot deformities. Lycra® is a stretchable material comprised of fibres which move easily with the body's natural movements. In turn, this upper can make the shoe feel roomy. If you feel this shoe is too loose, order the Brian one width narrower to achieve a better fit.

DOUGLAS → the Douglas shoe has two Lycra® strips that run distally on the sides of the shoe. This shoe is designed to stretch from plantar to dorsal. The Douglas is great for patients that have thick, swollen feet, high insteps, or wear an internal brace. The throat of the shoe is more open to allow the foot easier entry. If you have a patient that likes this shoe but does not have any of the above criteria, order this shoe one width narrower to achieve a great fit.

CHAMPION & ENDURANCE → the fantastic new athletic shoes absolutely will not slip in the heel! Based on the same last as the rest of our product line, the new light-weight athletic shoes are lasted to fit full in the forefoot, but snug in the heel. The firm heel counter ensures that the back of the shoe will not break down like some counters used in lower quality footwear. In addition, the lightweight EVA and rubber outsole contains a composite shank and a stabilizer bar for extra plantar support and is sufficiently wide to provide stability on all surfaces.

Women's Shoes

MERRY JANE → the Merry Jane is an open top shoe and can fit very roomy for the patient's foot. It is very important to order the Merry Jane at least one width narrower and in some cases, depending on the foot, ½ size shorter. This shoe is not recommended if you think heel slippage is going to be a problem.

LULU → The Lulu shoe is another open top shoe that allows room for a high instep foot. It is important to order this shoe one width narrower to achieve proper fit in those patients who do not have a high instep. This shoe is NOT recommended for pes planus foot deformities.

BETSY, LILY, WALK, & MOVE → these three styles are more tapered in the toe box and should be ordered ½ size longer to achieve a fit similar to the other women's shoes.

BETSY → The Betsy women's dress shoe has a unique styling and functional design on the lateral side of the shoe called a gusset. This feature allows the shoe to flex and stretch dorsally by adding breadth, reduce metatarsal stress, and increase breathability. This gusset appears as a triangular "flap" and is a sewing technique used to reinforce the connection on the lateral border.

ANNIE → like the men's Brian, this shoe has a Lycra® upper. Order the Annie one width narrower if you feel this shoe is too loose.

BETTY → highly similar to the men's Douglas, the Betty also incorporates two distally running Lycra® strips. If your patient does not exhibit a swollen foot or high instep (for example), order the shoe one width narrower.

SPIRIT & VICTORY → again, the new lightweight athletic shoes will not slip in the heel, as they are lasted to fit full in the forefoot, but snug in the heel. The firm heel counter ensures that the back of the shoe will not break down like some counters used in lower quality footwear. In addition, the lightweight EVA and rubber outsole contains a composite shank and a stabilizer bar for extra plantar support and is sufficiently wide to provide stability on all surfaces.