

THE IMPORTANCE OF PROPERLY FITTING SHOES
(Or: Bigger is NOT Always Better!)

Balancing ... Running ... Jumping ... Playing ... Learning ... Moving ...
All things that require us to be on our feet; moving, stopping, and starting.

For so many of our children, and especially for those who have any sort of balance or motor awkwardness, shoes are an often overlooked but extremely important concern.

We all know about shoes that are too small. The redness and blisters, or the toe peeking out of the little hole! But did you know that shoes that are too BIG can be just as harmful as those that are too small? Here are some reasons why:

When shoes are too large and feet “flop around in them” walking is harder, balancing is harder, and playing is harder. You can’t “feel the ground” the way you are supposed to. Sometimes while running you can literally kick them right off your feet. Your posture and your muscle tone are negatively affected.

When shoes are too big the parts that are designed for stress and weight-bearing aren’t able to do their jobs. They don’t line up with your feet properly. And that causes shoes to wear out faster! YUP! BUYING BIGGER SHOES CAUSES THEM TO WEAR OUT FASTER. SO INSTEAD OF HAVING “JOHNNY” GROW INTO THEM AND HAVING THEM LAST LONGER, YOU END UP REPLACING THEM SOONER!

In a properly fitted shoe there is about ½ to ¾ of an inch of space between the longest toe (not always the “big toe,” sometimes the second toe is longer) and the end of the shoe. The shoe’s arch and the long arch of the foot should line up. The shoe should be wide enough so that all of the toes can lay comfortably side-by-side but not so wide that you could fit in an extra toe (or a finger, which you can use to check a shoe’s fit).

So remember ... a properly fitting pair of shoes is important; and by the way ... a brand new pair of shoes (or sneakers) might make a great gift!

An extra note about physical therapy:

Our children are beautiful and handsome. And they dress beautifully every day. Some of their outfits are so wonderful we can’t get over them!

But (you knew there was going to be a “but!”) THIS IS PRESCHOOL! And this is physical therapy. And gym. And playground.

We want the children to be able to move freely, to run, and to learn how to jump, hop, skip, and climb.

So we suggest: sneakers (or shoes) that fit correctly and have rubber bottoms. Pants that are not too tight ... but stay up or include belts. Skirts on the girls?...how about including leggings under them! We aren’t big fans of “Crocs.” (Sorry; they’re almost as ‘bad’ as flip-flops for playing in.) You get the idea...!

AND EVERYONE IN REHAB ... PTs, OTs, AND PHYSICAL EDUCATION ...
WISHES YOU A WONDERFUL HOLIDAY SEASON AND FANTASTIC NEW YEAR!!!