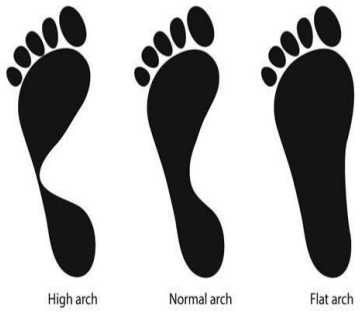
Type of Shoes You Should Wear with Plantar Fasciitis.

You should plan on purchasing shoes with good arch support and cushion. You may want to purchase a good pair of walking or running shoes (even if you do not run)

You should purchase shoes based upon the type of arch that you have. To determine your type of arch, do the following:

Put the water on the bottom of your bare feet and walk over a paper bag or vanilla envelope has been taped to the floor. Compare your footprint to the photos below.



High Arch (first foot in photo) is a supinator and generally is very rigid. It does not absorb shock very well. Tends to take more pressure on the outer side of the bottom of the foot.

Normal arch (middle foot) is neutral. It does not pronate much or supinate much. Foot pressure with a normal arch tends to spread out even between the inner side and outer side of the bottom of the foot.

Low arch (last foot in photo) is a pronator and generally has a lot of mobility- can absorb shock well. This type of foot is referred to as a flat foot. Pressure tends to be on the inner side of the bottom of the foot.

Running or walking shoe categories:

Even though these are classified as running shoes, they are designed to help the average person with their daily walking

Cushioning Shoes: generally good for a normal arch to a high arch. Provides increased cushioning but not a lot of support.

Stable Neutral Shoes: generally good for a normal to low arched foot. Have a lot of cushioning AND more support for the arch of your foot.

Stability Shoes: Generally good for a low arch or pronator. It has more support inside part of the shoe and material is stiffer in the arch.

Motion Control Shoes: Have firm support on inside and outside of shoe. Stiffest and heaviest shoes you can get. Generally designed for people who severely over-pronate their feet.

3 Tests to tell what type of shoe you have:

1. Grab the heel and forefoot of the shoe and twist it or wring it like a washcloth. If you can completely twist so that the heel ends up facing one way and forefoot the opposite. It is most likely a cushioning shoe.
2. Grab the heel and forefoot and bend the shoe. If it bends at the forefoot and not the arch. it is more likely a stability or motion control type shoe. If it bends at the arch it is a cushioning type shoe.
3. Take your finger and poke into the base of the midsole. If it is soft and cushiony all the way around the shoe with no plastic bars or posts it is a cushioning shoe. If there is a hard or form plastic support, it is a stability or motion control type shoe.