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**HEALTHY FEET are HAPPY FEET**  
 Board-Certified Nursing Foot Care & Teaching  
 Clinic, Residential, Group-Settings, Tucson, Arizona  
[www.HFHE.us](http://www.HFHE.us) - (520) 579-4340 - [office@HFHE.us](mailto:office@HFHE.us)



Hand-Out

**-Where to buy Shoes, Socks, and Foot Care Supplies-**

07/15/14

*Knowledge is power, and this hand-out offers you tips on which local vendors sell high quality shoes, socks, compression hose, and various foot care supplies.*

*You also have a choice to go on-line and check out the various web-sites that sell shoes, sock, compression-hose, and the different foot care supplies.*

*The foot care supplies in this hand-out are the ones you'll need to cushion protruding joints or to re-distribute the pressure.*

*If you need to correct your gait, you'll need to look at my other hand-out on orthotics.*

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**1-Shoe vendors:**

Special considerations:

***Please make sure to review my hand-out on how to buy the right shoes before you go shopping.***

You want to consider the following information before you go shoe shopping:

- Is it important for you to be fitted for the shoes by a sales person?
  - If so, make sure that the sales person doesn't just ask for your shoe size. Both your feet should be measured, not only from heel to toe, but also from heel to the widest area across your foot, the metatarsal area.
  - The shoe should fit perfectly at the time when you buy it. Don't buy a shoe with an ill fit, hoping that it'll stretch with time for a better fit.
- Do you need a shoe that has an extra deep or wide toe box for bunions and/or hammertoes?
- Do you need a shoe that is big all the way around, which is ideal for chronically swollen feet; often called diabetic shoes?
- Do you need a good, supportive tennis shoe with a built-in insole that can be removed and replaced with a custom-made orthotic, if needed?
- Do you need a high-quality shoe that is comfortable with a built-in insole that can be removed and replaced by a custom-made orthotic, if needed?
- Do you need a sandal with a built-in insole that can be removed and replaced by a custom-made orthotic, if needed?



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Shoe vendors in Tucson, Arizona:

The following shoe stores from Tucson, Arizona, are among the top-of-the-line for quality and service. They all offer one or more of the considerations mentioned on the prior page. You'll have to call to make sure they offer what you're looking for:

- The Summit Hut, 5045 E. Speedway, Tucson, AZ 85712, (520) 325-1554; or 7745 N. Oracle, Tucson, AZ 85704, (520) 888-1000.
- Hirsh's Shoes, 2934 E. Broadway, Tucson, AZ 85716, (520) 325-3110.
- The Running Shop, 3055 N. Campbell #153, Tucson, AZ 85719, (520) 325-5097.
- Alan Shoes, 6030 N. Oracle, Tucson, AZ, (520) 297-5268; 5632 E. Speedway, Tucson, AZ, (520) 747-5555; or 5350 E Broadway, Tucson, AZ, (520) 207-4621.
- SAS Shoes, 4951 E. Grant, Tucson, AZ 85712, (520) 327-4127.

This list of top-of-the-line shoe vendors above is, by no means, all-inclusive.

There are also many other shoe stores available with lesser-expensive, but still high quality shoes.

My personal preference of good, sturdy, yet comfortable, tennis shoe is "New Balance," but there's also Nike, Adidas, Echo, Vans, and many more.

Buying a shoe that fits well, is a game of trial and error. Don't buy the shoe until you find one that fits perfectly and feels "right" the moment you put it on.



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Web-sites for purchasing shoes:

There are several web-sites available with good quality shoes. Make sure the shoes can be returned if they fit poorly. Here are a few of the many choices:

- [www.DrLeonard.com](http://www.DrLeonard.com), [www.DrScholls.com](http://www.DrScholls.com), [www.FootSmart.com](http://www.FootSmart.com)  
as well as web-sites from the Tucson shoe vendors already mentioned:
- [www.SummitHut.com](http://www.SummitHut.com), [www.HirshsTucson.com](http://www.HirshsTucson.com), [www.SASShoes.com](http://www.SASShoes.com),  
[www.RunningShopAz.com](http://www.RunningShopAz.com), and [www.AlansShoeHouse.com](http://www.AlansShoeHouse.com),

Stores that sell shoes of different sizes for the left and right foot:

I presently do not have a list of stores selling left and right shoes in varying sizes.

*My list will be updated over time. Please feel free to send me an email with a recommendation that I might want to include in this hand-out.*

**2-Sock Vendors:**

Special considerations:

*Please review my other hand-out on buying the right shoes and socks before you shop.*

- You want to buy socks with a material that wicks away moisture and remains soft, even after many washes:
- You want to buy socks that are not too tight all around, including the top seam. You can always clip a slit in the top seam to make it less tight.



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- You can turn the sock inside out, so that the seam doesn't bother your skin.

Sock vendors in Tucson, Arizona:

Contrary to shoe vendors, I find that the merchandise of socks often changes from day to day at various stores. It's almost impossible to recommend one store over another. Follow the guidelines above and from my other hand-out on buying the right shoes and socks when you go shopping.

Web-sites for purchasing socks:

To get a good selection of pictures, descriptions, materials, sizes, and prices, you can log onto [www.google.com](http://www.google.com) and type "Wide socks for swollen feet" into the search bar to find a large selection of socks. There are various web-sites to choose from, and you'll get good education when browsing through the different choices.

I'm unable to suggest which brand is better than others, or which web-site is better than others. You may have to use the knowledge from the web-sites and go out to your local stores and compare the information.

Compression-hose vendors in Tucson, Arizona:

Knee-high compression-hose is used to prevent dependent edema in the feet and lower legs. Their use is described further in my hand-out on swelling in your feet and lower legs.

Over-the-counter compression-hose has the lowest compressions. Compression-hose by prescription has higher compressions. It may be wise to check with your doctor to see how tight of a compression you need; even if you can purchase the hose OTC.



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- Walgreens sell compression-hose over-the-counter.
- CVS sell compression-hose over-the-counter.
- Metro Med, 5410 E Pima, Tucson, AZ, or 6330 N. Oracle, #204, Tucson, AZ 85712, local (520) 468-6811 sell compression hose over-the-counter.
- Hanger Orthopedics, 4951 E Grant, #127, Tucson, AZ 85712, (520) 795-8900
- There may be many more vendors of compression hose in Tucson, Arizona.
  - Check with the doctor's office to see where you can fill your prescription for a compression hose with tight compression.

Web-sites for purchasing compression hose:

All the above compression hose vendors from Tucson have web-sites for further information:

- [www.Walgreens.com](http://www.Walgreens.com), [www.CVS.com](http://www.CVS.com), [www.MetroMed.com](http://www.MetroMed.com)  
[www.Hanger.com](http://www.Hanger.com)

Devices for easy application of compression-hose or regular socks:

Check with the above vendors if they sell the device that's available for easier application of the compression hose. The device can also be used for regular socks. It's ideal for people with weak hands or difficulty bending.

***My list will be updated over time. Please feel free to send me an email with a recommendation that I might want to include in this hand-out.***



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### **3-Foot care supplies:**

#### **Special considerations:**

Are you looking for a specific item, or are you just hoping to find something that will make your feet feel more comfortable and hurt less?

***You may want to take a look at my other hand-out on nail and skin care, as well as the one on corns, calluses, hammertoes, and bunions to be able to identify which specific problem(-3) you have.***

Once you have identified the problem(-s), then you can decide if you'd like something that cushions the area or redistributes pressure away from the area. Both serve the purpose of preventing corns, calluses, and ulcers, or minimizing pain, corns, calluses, and ulcers.

The area of the foot, where you have internal bone pieces that rub against the skin from the inside and cause friction with the top, sides, end, or sole of the shoe, or the floor if you walk barefoot, will determine which kind of cushioning should be used.

**Items for cushioning or redistributing pressure include, but are not limited to:**

- Soft gel heel pads, gel metatarsal pads, or entire gel insoles are nice cushions for protruding metatarsal bones, heel spurs, or both. They may come in different sizes.
- Adhesive felt corn cushions with a hole in the middle works nicely on a protruding metatarsal joint to redistribute the pressure away from the joint. They come in different sizes and different layers of thickness.



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- Foam or plastic bunion cushions, that slip over the great toe and have a hole on the side, work nicely to redistribute the pressure away from the protruding bunion. Usually, one size fits all.
- Gel or foam sleeves for the toes, either open or closed at the end, work nicely to protect protruding bones to prevent or minimize pain, calluses, corns, and ulcers. The gel sleeves come in two different sizes, and the foam sleeves come in small, medium, and large.
- Foam or felt disks that fit between the toes to prevent bony prominences on the toes from irritating the adjacent toe to prevent or minimize pain, calluses, corns, and ulcers. They come in two or three different sizes.
- Lamb's wool works nicely when wrapped around hammertoes or toes that are severely deformed from rheumatoid arthritis for cushioning purposes. This is sold in small plastic bags. It is torn and pulled apart and formed into a thickness that's appropriate.
- Felt or rubber hammertoe crests fit under the 2<sup>nd</sup> through the 4<sup>th</sup> or 5<sup>th</sup> toes on the affected foot and lift up the hammertoes to prevent the tip from digging into the sole of the shoe, causing pain, calluses, corns, and ulcers. Even if only one foot is affected, it may feel good to wear the crests on both feet at the same time. They come in left or right, and in small, medium, and large.

Foot care supply vendors in Tucson, Arizona:

Some of these items can be purchased at Walgreens, CVS, or grocery stores; all in the “foot care” section. Some items may have to be special-ordered, if possible.

The selection of the foot care supplies in the stores changes rapidly. You'll just have to check and see what's available when you're ready to shop.



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Web-sites for purchasing foot care supplies:

Another choice is to check the web-sites that sell foot care supplies. They sell both to businesses and to the public. For smaller orders, there's usually a shipping and handling fee; but, the prices are much less than retail, in general. You can see the items displayed on the web-sites, or you can order a catalog for a mail order.

Here are a few of the many web-site choices:

- More Medical, [www.mooremedical.com](http://www.mooremedical.com), (800) 234-1464
- Dr. Schools, [www.drschools.com](http://www.drschools.com), (800) 360-3226

***My list will be updated over time. Please feel free to send me an email with a recommendation that I might want to include in this hand-out.***

**4-Which items to avoid:**

If a vendor or web-site advertises an item that is intended to “change the shape of your foot;” think twice before you buy it.

As our joints change position and our foot changes shape, the joints “lock” into their new position. Devices can cushion or re-distribute pressure; but, not change the shape of the foot permanently.

If your joints are flexible enough, they may temporarily change shape while you wear the device; however, the moment you remove the device, the shape reverts back to the shape it had before you applied the device.

Only surgery can revise joint position and foot shape permanently; but, even with a successful surgery, your foot may change shape again months after the surgery.