

Stepping Up Your Workplace Footwear

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Wearing inappropriate footwear can contribute to foot pain, lower back discomfort, and joint strain. Whether you're on your feet all day at work or engaging in physical tasks, selecting the right shoes is essential. Here are tips for choosing and wearing supportive footwear.



HEELS

- Choose heels with an ankle strap for support
- Use an anti-slip heel patch for back of the heel to avoid blisters
- Consider a custom insole for soles that are too hard or rigid



SNEAKERS

- The upper aspect of the shoe should not be too rigid
- Lace from top to bottom. If it's too tight, try lacing every other eyelet
- Ensure the sole has sufficient thickness for durability without being overly rigid



LEATHER DRESS SHOES

- Select semi-rigid or softer soles
- Leather dress shoes have limited "break in" so always select the correct size (try them on with your usual dress socks)
- Use an anti-slip heel patch on the back of the heel to avoid blisters
- Consider a custom insole for soles that are too hard or rigid



SAFETY BOOTS

- Should not be too narrow or too shallow
- Toes should be half an inch from the front of the protective cap
- Consider thicker, heavier weight, or steel-toe socks with padding for comfort
- Consider a custom insole
- Lace from top to bottom. If it's too tight, try lacing every other eyelet



CHIROPRACTIC TIP

To check if your shoe fits properly, place 1.5 fingers between the top of your big toe and the front of the shoe—this ensures the right amount of space in the toe box!

The suggestions provided in this document are for educational purposes only. No information from this document is intended as a substitute for professional medical advice, diagnosis, or treatment. Consultation with a chiropractor or another health care provider is recommended for anyone experiencing muscle, joint and/or nervous system complaints. While the information provided is up to date, the CCA recognizes that research and data are ever emerging and changing. Please use this information in conjunction with the best available evidence. Publication date: August 2024.