Richard C Galperin DPM

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**Foot News You Can Use**

**IF THE SHOE FITS…**

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Richard C Galperin DPM

A Division of Podiatric Medical Partners of Texas (PMPT)

You can imagine in our field how common it is for us to get questions regarding shoes. What brands are the best? Is a particular brand better for me? Is the advertising about a particular brand really true? These are just a few of the common inquiries. We endorse a few select brands, which are usually also endorsed by the American Podiatric Medical Association (APMA), and we both have specific principles that we follow.

It is easier now more than ever to purchase shoes online or walk into a store and purchase without talking to anyone. However, that is definitely not always a wise decision. Getting your feet measured at least once a year is a good rule to follow. **Studies have indicated that upwards of 75% of people are wearing the wrong size shoes.** Our feet do change. There are many reasons for foot pain to occur but don’t let it be from something that’s avoidable, like wearing the incorrect shoe size!

Recommending athletic shoes is the easiest one for us. You typically can’t go wrong with brands like New Balance, Brooks, Asics and SAS, just to name a few. That being said, some people are comfortable wearing a much less expensive brand. We feel that the best shoes for you are the ones that make your feet feel good no matter the name or cost.

Hoka is an athletic brand that has gained popularity in the past few years. They are bulkier than most brands making them a little trickier to get used to. There have been cases of serious injury from people falling in these shoes. The quality of the brand may make it worth taking some time learning to walk properly in them.

If you have to stand a good part of the day, look for shoes with cushion, good arch support and heels that are somewhat raised. Since Plantar Fasciitis is so common, shoes with these specifications can help prevent this condition or make it hurt less. Standing or walking a lot in shoes that are flat and flimsy isn’t recommended for most people.

We are also often asked about sandals as well. There are many great brands. Birkenstock, Vionic, Clark and Keen are a few we have suggested. And, we carry a large selection of the Vionic brand right here in our office and medical nail spa. The brands with a deep heel seat rather than a flat heel and a nice arch will serve your feet best. We highly recommend a good supportive pair of sandals and flip flops in the home for those who prefer to be shoeless but have foot pain such as plantar fasciitis. **Being** **shoeless regularly on a hard surface such as the kitchen floor, and hardwood floors, isn’t good for your feet.**

Our feet are two of the most precious assets we have. Treating them as such by investing in quality foot gear at **all** ages gives us the best chance that they’ll keep us mobile now and in our later years which is our ultimate goal.

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There are tons of people needlessly suffering

with foot pain simply because they

don’t know whom to see.

If you hear of someone mentioning

foot pain let them know we can help.

Many people get relief

in their very first visit.

They will thank you for helping them.

We appreciate your referrals!

Dr. Galperin

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**Office Hours:**

**Monday: 9:00am – 12:00pm - 1:00pm – 6:00pm**

**Tuesday: 8:00am – 12:00pm - 12:30pm – 4:30pm**

**Wednesday: 8:00am – 12:00pm - 12:30pm – 4:30pm**

**Thursday: 9:00am – 12:00pm - 1:00pm – 6:00pm**

**Friday, Saturday & Sunday - Closed**

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