

Happy Holidays and Tips for Holiday Footwear



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The holiday season is upon us and we all know what that means: work parties, family gatherings, general merriment and joy. It can also mean dressing up and unfortunately for our feet, that tends to mean high heels, narrow toes and thin soles.

I'm not here to scold you about your dress wear. I understand that your Birkenstocks and New Balance runners don't pair well with your three piece suit or that sparkly cocktail dress. Trust me, I want to be able to dress up as well. I'm here to tell you, if we are going to cram our feet into dress shoes for the sake of beauty then we need to do things to at least REDUCE the short (and long!) term effects.

So here we go:

#1. Heel height – A heel more than two inches increases the pressure on the ball of your foot drastically so avoid anything higher if possible.

#2. Heel width – Stay away from the thin stiletto heels. A wide chunky heel (or even better a wedge) will give you a wider base of support and will disperse forces more evenly making it easier on your feet.

#3. Toe width – A rounded toe is going to be more comfortable into the wee hours of the night than a pointy toe.

#4. Post-dress shoe rehab – This is the MOST important thing you can do. The following day or the night of (or even better, both) should consist of trying to spread out those toes again. This can be done by rolling on a lacrosse ball or a golf ball (especially across the ball of the foot), massaging the bottom of the foot,

wearing spacers (or putting your fingers between your toes), and spending time in your bare feet to let them breathe!

If pain persists longer than 24 hours after your celebrations please visit www.alignpedorthics.com to schedule your pedorthic assessment.

Laura is a Canadian Certified Pedorthist at Maple Shores Health Centre in Port Elgin. Please call 519-832-4500 for more information.*



I want to thank you for making 2025 an amazing year. Wishing you and your family a season of love and laughter and good foot health going into 2026.

From my family to yours - Merry Christmas!



Thank you to all of our loyal customers for your patronage.

Looking forward to serving you next year.

**Whatever You Celebrate, Enjoy!
Merry Christmas & Happy New Year**

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