The futile search for the perfect shoe fit

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The Futile Search for the Perfect Shoe Fit

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Abstract

The common assumption that perfect or correct shoe fit can be expected if the shoe and fitting are proper is untenable for a variety of reasons. For instance, no two feet of a pair are exactly alike, inevitably resulting in some degree of shoe misfit. Also, the foot assumes four different sizes and shapes under different conditions: at rest, on weight-bearing, in gait, and under thermal variations, yet all must comply to a shoe of only one size and shape.

The complexities of shoe fit are further exacerbated by other obstacles. These include the prevailing design of shoe lasts, the absence of uniformity of shoe sizes, the limited training and skills of most shoe salespeople and fitters, the subjective determination of shoe fit by customer and fitter alike, and the role of footwear fashions.

Hence shoe fit at best must be a compromise with the ideal. Nevertheless, improvements are possible, as suggested in this paper.

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It is critically important for your pointe shoes to fit your foot like a glove in order to feel comfortable, provide the necessary support, and maximize control. But have you ever felt like Cinderella, searching for the one and only “glass slipper” pointe shoe that fits your foot perfectly? We know that achieving this elusive “perfect fit” can be quite a challenge. Why is it so hard to find the “perfect fit”? 1. The in-store fitting process. Inexperienced fitters, limited shoe stock, and an exhausting trial-and-error procedure can all make this experience feel like wandering through a maze. 2. The natural disparity between the shape of the pointe shoe and the foot. If you have noticed that your foot is not shaped like a tapered, squared-off block, you are not alone. How to measure for a perfect shoe fit? In Tajna Club, all shoes are made to order. We use this chance to adjust each shoe according to our customer’s individual foot proportions. For a perfect fit, please do the measurements, according to the explanations below, and indicate them in the note section of your order at check out. Foot Length: Gather paper, a pencil, and a ruler or a tape measure. Holding the pencil perfectly vertically and perpendicular to the paper, mark the longest toe (generally the big toe) and the back of the heel, by tracing a line as closely as possible. It is important not to angle the pencil in or out. Using the ruler, measure the distance between the two lines that you traced, meaning the distance from the toe to the heel. Instep Perimeter Length