

Shopping For Shoes For Wide Feet

1. Check the Shape of the Shoe

The shape and pattern of the shoes are not the same. Therefore, the shape of the shoe may not match the natural look of your foot. It is much easier for people with narrow feet to fit into any shoe. If your feet are wide, it can be hard to fit into some shoes. Here are some shoes you need to avoid if your feet are wide:

Shoes with a pointed toe box

Too narrow shoes

Shoes with an unnatural curve

Shoes with an unnatural heel height

People are supposed to know the shoes they should not wear. However, studies show that between 63% to 72% of people still wear shoes, which don't match the length or width of their feet.

You need to compare the shape of your feet to the shape of the shoes to find the right shoe for your wide feet. Remember to consider problems, such as bunions, before choosing your shoes. You can use [orthotic insoles](#) to ensure that you get a good fit.

2. Do Not Just Check the Length, You Need to Consider the Width Too

The best shoe stores will not only measure the length of your foot. They will also measure the width of your foot. You may have seen either 'D' or 'E' next to the shoe size. If you have questioned what these letters mean, just know they are the

shoe's width fitting. Here are the meanings of these letters:

D – the standard width

E – wide

EE – a wider fit

3E to 4E – extra wide

5E to 6E – ultra-wide

You will measure the width at your foot's widest point, which is the ball of your foot. You can try different widths to find the most comfortable shoe with little to no pressure or rubbing.

In addition, you need to measure the length of your foot to your longest toe. Do not measure straight to the big toe since the big toe is the second or third longest toe in some people.

3. Take Care Of the Bunions, Even If They Are Small

[What is a bunion?](#) It is the bony bump on the first joint of the big toe. According to estimates, around 28 percent of Australian grownups have bunions.

Once you develop a bunion, your feet will now be considered wide feet, even if you were not born with wide feet. You must take care of your bunion.

It is hard to deal with bunions because they can progress and get worse over time. Once you start developing a bunion, you must choose wider shoes since wide shoes can accommodate your growing bunion. [Orthotic insoles](#) will offer more comfort.

If your shoe rubs against your bunion, the bunion progresses and worsens quickly. This means you will have to choose even wider shoes to avoid rubbing your bunion.

It is much better to take care of the bunion, as it starts to

develop, to manage how the bunion progresses. Taking care of the bunion can even stop the bunion from progressing.

You can use a shoe with enough forefoot width and custom foot orthotics to prevent the progression of the bunion. This is because the wide shoe and custom foot orthotics prevent excess rubbing and pressure against your bunion.

4. Leave Room Since Feet Swell

Your toes are happier if they can move around inside your shoe without hitting the sides or roof of your shoe. This is important during the summer months since feet tend to swell when it is hot.

You can also develop pain or swelling in your forefoot, so your toes will need space. If your feet swell, they will rub against your shoes. If your feet rub against your shoe regularly, they are more likely to swell. That means you will have to choose even wider shoes.

You can choose shoes with a wide toe box since they offer room for your toes to move around inside your shoe. You will reduce the chances of developing pain or swelling.

5. Arch Support and Heel Stability Influence the Forefoot

Choose a shoe with a good, supportive, and firm heel. The shoe will influence your forefoot and guide your steps. If your shoe supports your heel, it limits side-to-side movement since your shoe will guide your foot forward.

The [arch support](#) in the shoe catches the foot, stabilizes, and supports the foot through each step. If there is no arch support, the foot rolls flat down, exerting maximum strain on the foot's soft tissues.

It is important to choose a wide shoe. However, it is more important to choose a shoe with good arch support and heel stability to reduce your injury risk and improve your comfort.

6. Do You Need to Break In Your Shoes?

Some people with average feet usually break in shoes to make the leather feel soft and comfortable. They can wear the shoes until the shoes no longer rub against their feet and adjust to the width of their forefeet. It is not a good idea to break in the shoes.

Do not even try to break your shoes to make them comfortable for you, especially if you have wide feet. You are more likely to hurt your feet during the breaking process. You will feel a lot of pain in your feet, forcing you to choose even wider shoes.

7. Use Adjustable Shoe Features

As we mentioned above, the size of your feet is more likely to change from time to time. You are more likely to deal with foot swelling, swollen or angry bunions, thick pair socks, and more. That is why it is beneficial to choose shoes with adjustable shoe features. You can use the adjustable features to adjust your shoes to ensure they fit you better and do not rub against your feet.

You need to search for shoes that will adapt to your foot. You can choose shoes with either adjustable buckles or extra elastic on their sides. The most flexible shoes are the ones with double adjustable straps, especially the one close to your toes and the other close to your ankle. It is easy to use the straps to customize your fit. You can also adjust the laces to make your shoes fit better and improve comfort. You do not even have to use every eyelet.