



### January Pumps

The perfect pump is always classy and never goes out of style. Ageless and refined, it comes in many styles, including the ever-fierce stiletto. Be aware if pumps are too pointy, the pressure placed on toes over time can contribute to unsightly bony prominences called hammertoes or bumps at the base of the big toe called bunions. Search for deep toe boxes, which give more wiggle room. And, of course, see a podiatrist if pain exists to determine necessary treatment options.



### February Ballet Slippers

The ultra-feminine ballet slipper may make you feel light on your feet, but in reality, its flat nature can be punishing on the arch and heel. Thin soles provide inadequate cushioning and support, and can result in heel and arch pain. Never choose a pair that can bend in half and don't wear for long periods of time. Consider a cushioned insert like APMA-approved Spenco's Q Factor (\$19.95) for extra shock absorption.



### March Sling Backs

Dynamic and sexy, sling backs exude the confident energy of those who wear them. Find a sling back with a lower heel so they can be worn from day to night. Make sure straps aren't too tight, as that could lead to chafing on the back of the heel, and conversely, make sure they aren't too loose, so that straps are not constantly being pulled up. Foot Petals' Strappy Strips (\$6.95), approved by the APMA, can be placed on the inside of straps to prevent them from cutting into or sliding down the heel.

APMA Shoe Pick: Dansko's Rue\*



### April Kitten Heels

Modest and practical, the kitten heel can stand out in a crowd without overdoing it. Kitten heels not only give extra height but are also a great alternative to reducing pressure on the ball of the foot often caused by a higher heel. Because a kitten heel is typically not higher than one inch and is also a bit wider than the average heel, it offers more comfort and stability. Keep in mind, a heel that is three inches high creates seven times more stress than a one-inch heel.



### May Chunky Heels

It's no wonder fashion's hottest new footwear staple is none other than the friendly and inventive chunky heel. Known for its relative ease on the feet, the chunky heel offers much more stability than its skinny friend. For best fit, always buy shoes in the afternoon after feet have had time to swell from the day's activities. Buying shoes when feet are at their largest will ensure the best possible fit.



### June Flip-flops

Even the most intuitive person may have trouble deciding between the countless flip-flop color and style choices. Select a pair that has some support and is unable to bend in half to minimize foot pain often caused by flip-flops. Blisters are typically caused by poor-fitting straps, so choose a style made of natural materials, such as soft leather, and make sure the foot doesn't hang off the edge. Heel pain sufferers should pass on flip-flops.

APMA Shoe Pick: Rockport's Chile\*

# FOOTWEAR FASHION CALENDAR

## Make Stylish and Healthy Footwear Choices Year Round

# ION CALENDAR

## wear Choices Year Round

\*Heels That Don't Hurt: These featured styles all hold the APMA Seal of Acceptance. For a full list of shoes that strike the perfect balance between fashion and function visit [www.apma.org](http://www.apma.org).



### July Athletic Sandals

When searching for the next adventure, be sure to have a great pair of practical and supportive athletic sandals on hand. Just make sure to have traction, like ridges or treading, on the soles to avoid slips. Also, choose sandals that have a built-in support so that the foot doesn't twist. Straps and insoles should be made of natural materials. Avoid straps that are too tight or foot circulation can become diminished.

APMA Shoe Pick: Chaco's ZX11\*



### August Platforms And Wedges

Towering platforms and wedges combine all the things girls love in footwear – a little bit of height, straps and lots of style options. Be careful up there, though, platforms and wedges can be unsteady, causing instability and problems with balance. Also, excessive height can lead to ankle rolls and falls. Try lower platforms and wedges with secure ankle straps, cork material bottoms for shock absorption and traction for slippery conditions. When wearing this shoe type, always avoid uneven terrain.



### September Clogs

Look past the tough exterior to find the softer side of clogs. Choose a pair with ultra-soft soles that provide cushioning, such as APMA-accepted Crocs, which are ideal for sufferers of plantar fasciitis, neuromas, bunions, hammertoes or achy feet. The wide toe box also affords the front of the foot lots of room to move around, making it a very comfortable shoe inside and out.

APMA Shoe Pick: Croc's Silver Cloud\*



### October Loafers

Reliable and dependable, loafers are just right for pounding the pavement or relaxing with friends. The perfect loafer should not be too flexible nor too stiff. The shoe should bend at the ball of the foot, but shouldn't fold in half. Leather shoes should be soft and supple. Also, look for a shoe with a toe box that is both round and deep with a firm heel counter.

APMA Shoe Pick: Rockport's Hanau\*



### November Peep Toes

The adaptability and versatility of peep toe flats and pumps make them appropriate for the office board meeting or the office party. However, this style may cause toes to slip forward and make them overlap, pushing nail edges into the skin which can form an ingrown toenail. Avoid this by staying away from peep toes that are too tight and be sure there are no seams near the toe area that will place further pressure on toes.



### December Fashion Sneakers

Fashion sneakers are a comfortable choice, however, don't wear them when exercising because they don't offer the same support as an athletic shoe. Other common problems when wearing this style include bromhidrosis, aka foot odor. To avoid sweaty and smelly feet, wear natural/synthetic blended socks that wick away moisture. If wearing socks is not a preferred option, sprinkle powder into the shoe to absorb sweat or roll antiperspirant, like APMA-approved Certain-Dri (\$6.49), directly onto soles.

APMA Shoe Pick: Dansko's Courtney\*