

COMPLETE FEET™

IT'S ALL ABOUT THE FIT!

TONGUE

Cushioning for the top part of the foot. Ensure that at least 1cm of the tongue is exposed under laces / Velcro™ when shoes are fastened, to allow a snug fit.

INSOLE

Inside layer of the shoe in direct contact with the sole of the foot. Should be removable so orthotics can be fitted (if required) without affecting shoe depth

HEEL COUNTER

Section of shoe supporting the heel of the foot. It stabilises the heel and assists in motion control. It must be firm, not able to be squeezed downward or inward easily

FASTENING

Lace-up or Velcro shoes fit better than slip-ons because they can be adjusted to fit the shape of the feet. This is especially important for wide feet

TOE BOX

Front area that houses the toes

Width: No pressure on the sides of the big and little toes

Depth: Room to wiggle the toes

Length: Allows about a finger's width between the end of the big toe and the front of the shoe when standing

HEEL

Back part of the sole, providing elevation & cushioning, reducing stress on the feet at heel strike by using unique impact absorption properties.



REMEMBER

- Your feet expand as the day continues, so it's best to try on shoes in the afternoon
- 'Wearing in' shoes only refers to the softening of the upper and sole – they should fit right away

4 STEP FITTING PROCEDURE

With expert advice from the Complete Feet team, we can guide you towards selecting a pair of shoes that suits your specific needs

- 1 Using our video gait analysis program and plantar pressure readings we are able to define what foot type you possess and what footwear requirements you need.
- 2 An accurate measurement of the length and width of your feet is taken and confirmed on the force & plantar pressure platform.
- 3 Taking into account foot type, shape, activity and lifestyle, a specific range of shoes is recommended for trial in-store to allow you to decipher the different 'fit and feel' of various applicable brands.
- 4 Everyone is advised to trial their shoes for 5-10 minutes on our treadmill to ensure they have made the right choice. Our ultimate goal is to make sure your feet are completely satisfied!