



MICHAEL J. BAKER, D.P.M.

JASON D. GRAY, D.P.M.

GREGORY W. BOAKE, D.P.M

JESSICA R TAULMAN, D.P.M

BFS BUSINESS OFFICE

P O BOX 330.
Fortville, IN 46040-0330
Tel 317.863.2556
Fax 317.203.0420

COMMUNITY FOOT & ANKLE CENTER

1221 Medical Arts Blvd.
Anderson, IN 46011
Tel 765.641.0001
Fax 765.641.0003

EAST FOOT & ANKLE CENTER

161B Washington Point Dr.
Indianapolis, IN 46229
Tel 317.898.6624
Fax 317.898.6636

FOOT & ANKLE AT WESTVIEW HOSPITAL

3520 Guion Rd., Ste 102
Indianapolis, IN 46222
Tel 317.920.3240
Fax 317.920.3243

MARION FOOT CENTER

330 N. Wabash Ave, Ste 460A
Marion, IN 46952
Tel 765.664.1413
Fax 765.965.6530

BAKER FOOT SOLUTIONS SATILLITE FOOT CLINICS

BROWNSBURG

Tel 317.920.3240
Fax 317.920.3243

GEIST FAMILY PRACTICE

Tel 317.898.6624
Fax 317.898.6636

NEW CASTLE

Tel 765.664.1413
Fax 765.965.6530

SPEEDWAY

Tel 317.920.3240
Fax 317.920.3243

HOW TO BUY SHOES

Buying a pair of shoes seems simple enough, but a few considerations should be made. Your shoes are probably the most important clothing item to determine comfort, so a little extra time when buying can be well worth the effort.

Here How:

1. Have your feet measured by a salesperson. Many people jump ahead to trying on the shoes without checking the length and width of each foot. It is important to know if your feet are different sizes.
2. Shop for the larger foot. If your feet are different sizes, buy a shoe that best fits the larger foot. If you need, buy an insole to fill space in other shoe.
3. Make sure the shoe fits your heel and your toes. The toe box should provide ample wiggle room, and the heel should not slip up when walking.
4. Go for a walk. Make sure the shoe is comfortable for a short walk around the store—any pain is only going to be worse on a long walk.
5. Don't think a shoe will 'break-in.' This is a common misconception that shoes should be purchased snug so they can break-in. Wrong! Shoes should fit when you buy them.

Tips:

1. Stand up when measuring your feet, and preferably have this done towards the end of the day. Under these conditions your feet will be slightly larger than in the morning...the best way to buy footwear.
2. Measure your feet each visit as your shoe size can change over time. And never buy a shoe based on size alone—try them on!