

Foot care For Wide or Narrow Feet

In my experience most people will state their feet are wide or narrow, in-fact I have seldom heard some one describe their feet as "average". We are very critical over ourselves and our bodies and our feet is no exception. Either way it can make shopping for shoes more of a hassle than a joy.

It has been recorded that 80% of men are wearing an incorrect shoe size! Obviously other factors come into play when one is shopping such as:

- Price
- Quality
- Design

We must not forget that our feet take the brunt of our entire weight in a single step and need to be looked after. Wearing incorrect shoes can cause further issues later in life, some examples being:

- Plantar Fasciitis
- Fallen Arches/ Flat Feet
- Corns/Calluses
- Bunions

Most high street retailers work on an "average" shoe size, which is sometimes why you find a particular brand never fits.

It is easy to find an average length of foot for your "size" however not so easy when you factor in width, so here is a little guide for you. Everyone's feet are different and therefore one can not place themselves securely in any category, but it can be a big help if you know what you are looking for.

MEN'S FOOTWEAR WIDTH FITTINGS FOOT CIRCUMFERENCE MEASUREMENT (mm)				
UK SIZE	D	WIDE FITTING		EXTRA WIDE 4E-6E
		E	EE	
6	228	234	240	241-264
7	234	240	246	247-270
8	240	246	252	253-276
9	246	252	258	259-282
10	252	258	264	265-288
11	258	264	270	271-294
12	264	270	276	277-300
13	270	276	282	283-306
14	276	282	288	289-312

Measuring your feet

Measuring your feet may seem like it could be a waste of time because when you go to the shops you'll surely find out if they fit or not after you try them on, right? **WRONG.**

Your feet can lose approximately half a pint of perspiration a day, they also fluctuate in size and width throughout the day, especially if they increase in temperature through exercise or its just a warm day.

You can not determine whether a shoe is the right fit by just slipping it on in store!

I urge you to do the following things before purchasing a pair of shoes from a shop:

- Know your correct shoe size before trying anything on
- Always try shoes on at the end of the day (your feet tend to swell throughout the course day)
- Wear socks you intend to wear with the shoes (its no good trying on smart shoes in wool socks, the fit will not be accurate)
- Know your materials and do not compromise (yes those suede boots look lovely, but if work a bit outside, you can't trust the British weather to love them as much as you do!)

Why you should be open to buying on line

Now it does seem risky, I get that but there are huge benefits to buying online as opposed to in shops. When you are in a store, you tend to get swept up in the trying on experience and walking up and down looking in mirrors thinking how fantastic they are but that isn't real life. An online retailer will most likely take into consideration your worries about not having tried the product and therefore be able to compensate with extensive size charts and advice to ease you. They care that you like their product and will help you make an informed decision.

When you are in your own environment and comfort zone instead of doing the one walk up and down the shop floor, you are able to try on different outfits or socks, see how the shoes work rather than relying solely on your imagination. Completely cutting out the middle man. If you still have trepidation over buying online, try sourcing some reviews from other customers to get a better idea of fit and customer service. You can find our reviews on each product page. To [view the range click here.](#)

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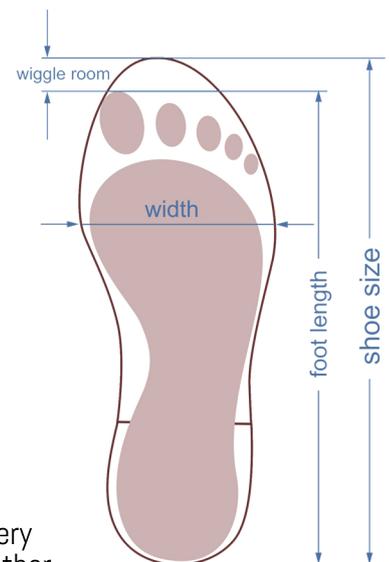
How to measure shoe size:

1. Get a piece of paper and put it on the floor.
2. Sit down and place your foot on the paper. It's worth keeping a pair of your regular socks on to get the best idea on how big you need your shoes to be.
3. Get a pen or pencil and trace around your foot.
4. Using a ruler, draw a straight line on the edges of your foot, including the toes, the side and your heel.
5. Measure the length and width of your foot. Use the ruler to calculate the inches between the two parallel lines on the adjacent lines on either side of your foot – both top to bottom and side to side.
6. To accommodate a bit of natural space between your foot and the straight lines, subtract 3/16ths of an inch from each number. (Use a calculator if working this out gives you a headache!)
7. Once you have the figure, use the figures below to see what your actual shoe size is.

Size 6: 9" or 22.5 cm
Size 6.5: 9 3/16" or 23 cm
Size 7: 9 5/16" or 23.5 cm
Size 7.5: 9 1/2" or 23.8 cm
Size 8: 9 11/16" or 24.1 cm
Size 8.5: 9 13/16" or 24.6 cm
Size 9: 10" or 25.1 cm
Size 9.5: 10 3/16" or 25.4 cm
Size 10: 10 5/16" or 25.9 cm
Size 10.5: 10 1/2" or 26.2 cm
Size 11: 10 11/16" or 26.7 cm
Size 11.5: 10 13/16" or 27.1 cm
Size 12: 11" or 27.6 cm

UK	EU	US	LENGTH (CM)	LENGTH (IN)	WIDTH (CM)	WIDTH (IN)
7	40	8	28.9	11.3	9	3.54
8	41	9	29.7	11.7	9.4	3.7
9	42.5	10	30.5	12	9.6	3.8
10	44	11	31.4	12.3	9.8	3.85
11	45	12	32.2	12.7	10	3.93
12	46.5	13	33	13	10.2	4

This table shows the last measurements for 107F, we urge you to add 7-8mm in length and approx. 2mm in width to find your correct size.



Our [shoe size guide](#) (above) gives you the exact dimensions as well as allowances of every Oxford shoe in our range, with a universal fit so you need only decide on which colour/leather best suits your needs. Any prominent footwear maker should be able to provide this for you on request or feature it alongside their footwear.

The designer or brand should have a clear idea of how their shoes fit. For instance at Percy Stride we know our shoes tend to lean on the wider side, knowing an 8.5 will fit comfortably into our size 8's.

If you are unsure about sizing always ask to speak to someone, especially if you are shopping online just for that added confidence, here at Percy Stride we offer full fitting advice to you if you request or you can try our blog "[What is my shoe size](#)" for more information.

Please take into consideration the following:

- Leather will tend to soften over time, accommodating your natural foot shape
- Always make sure primary components are in place such as a shank, toe cap and back stiffener for support
- Look for a shock absorber on the heel, this will extend the life of the shoe and make the wearing experience better
- Speak to the brand, if you are worried your feet are too wide or too narrow after measuring they should find a viable option for you and if they cannot they should not encourage you to buy ill fitting shoes; Know your feet!

Footwear brands that cater for wide/narrow feet:

[Franklin Bespoke Footwear](#)
[Padders Footwear](#)
[Widefitshoes.co.uk](#)

For extra narrow or extra wide feet the choice can be limiting and the task near impossible and as a footwear designer I do sincerely apologise for that. I would suggest a bespoke shoemaker if that is an option for you or aids such as insoles, heel lifts, cushions as temporary measures. At Percy Stride we cater for a wider than "average" foot size and are happy to discuss this with you in more detail, you can [contact us by clicking here](#) or view the [full range here](#).

Another option available is to visit Springline in Northampton for a consultation. They create, design and manufacture bespoke footwear lasts to your dimensions. Once you have bespoke lasts you can take these to any shoemaker in the country and design your own footwear on them, meaning you are able to have a pair of shoes that fits you perfectly time and time again. It is an expensive process but one that will pay off. Instead of trawling the shops or internet and taking risks, you will be safe in the knowledge you can get shoes that help you and your feet forever.