

Shoes Clues

How old are your shoes?

The average pair of shoes lasts 18-24 months.

Do they flex?

Shoes should flex in the toe box area.

Do they fold?

Shoes should not fold or bend in the arch area.

Do they twist?

You should have some flexibility in the shoe when twisting but you need more rigidity the more flat footed you are.

What are the wear patterns?

Compare left to right to see if you are wearing your shoes out in the same areas.