

Do Patients Who Present To Foot And Ankle Clinic Know Their Shoe Size?

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Disclosures

No Conflict to Disclose

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Disclosure is in the Final AOFAS Mobile App
We have no potential conflicts with this
presentation



Introduction/Purpose

- It is well-established in the literature that forefoot deformity is related to improperly fitting footwear (1-3).
- We are concerned that properly fitting shoe gear is a commonly overlooked facet of comprehensive foot and ankle care.
- Previous studies have shown 35% of soldiers (4) and 75-24% (5-7) of general medical patients wear incorrectly sized shoes.



Introduction/Purpose

- We hypothesize:
 - That foot and ankle clinic patients wear the incorrect shoe size more often than controls.
 - Patients with lower FAAM scores are more likely to wear incorrectly sized shoes.
 - Suspect a gender disparity, women with smaller shoes, men with larger shoes due to cultural expectations.



Methods

- IRB Approval
- Recruitment
 - Fifty Foot and Ankle clinic patients
 - Fifty control patients from clinic
- Exclusion Criteria
 - <18 years old
 - History of:
 - ◆ Diabetes Mellitus
 - ◆ Rheumatologic Disease
 - ◆ Peripheral Neuropathy
 - ◆ Previous foot surgery



Methods

- Questionnaire
 - Asks:
 - ◆ Self-reported Foot Size
 - Foot and Ankle Ability Measurement (FAAM) tool—Activities of Daily Living subscale (8)
- Measure feet with Brannock Device® (Brannock Device Co, Inc., Syracuse, NY)
- Check size of shoes they present with



Results

- Mean Shoe Size vs. Mean Foot Size
 - Foot and Ankle Patients: 0.02 US sizes larger.
 - Controls: 0.11 US sizes smaller.
- Only 38% foot and ankle patients reported foot size was the exactly the same as measured size, 24% in the control group, however this was not significantly different, $p=0.13$.



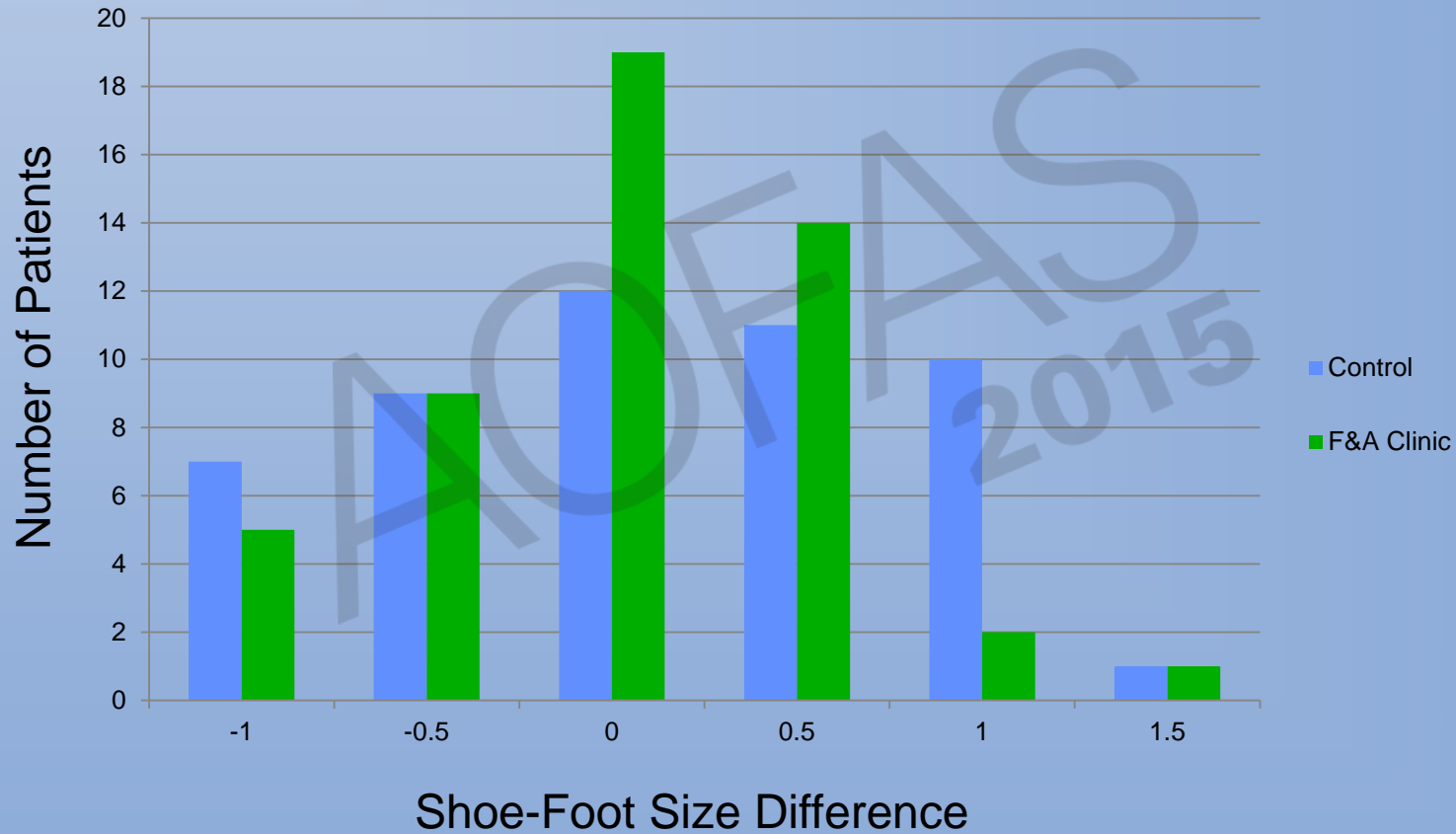
Results

- Percentage of patients to know their shoe size within $\frac{1}{2}$ US size
 - Foot and Ankle Clinic: 84%
 - Controls: 64%--greater proportion on chi-square analysis, $p=0.023$
- Also demonstrates that **16%** of foot and ankle patients and **36%** of controls were a full shoe size or greater off their actual foot size



Results

- Histogram of number of patients per shoe-foot size difference



Results

- FAAM ADL subscores did not correlate with patients knowing their correct shoe size
- There was no significant role in gender and shoe/foot size discrepancy



Discussion

- Our study demonstrates that **many people do not know their foot size** as shown in previous literature.
- There is data that patients that present to the foot and ankle clinic may be more likely than controls to know their shoe size, although a surprising proportion wear improperly sized footwear.
- **Measuring feet and counseling patients regarding proper shoegear choices should become a routine facet of comprehensive foot care.**



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