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

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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 shoegear 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.
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 knew their shoe size within ½ 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.