



# Know What Type of Shoes are Good for Your Gout

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## Best Shoes for Gout

If you are a gout sufferer, you need to consider what you put on your feet. If your feet do not love the shoes you place on them, gout will rear its ugly head and cause you pain and misery. It will be worth your while to check out the tips below on which footwear is best for gout.

### What are the best shoes for gout?

- Look for shoes that fit correctly. This means that they should be wide enough so your feet do not rub against the inner part of the shoes. Also the shoes should be deep enough to accommodate any swelling that could occur. Pressure caused by tight fitting shoes can adversely affect the blood circulation around the toes and feet. If the blood is sluggish, then there is more of a chance for crystals to form.
- Arch support is very important. The footwear should have arch support and also metatarsal support. This helps in reducing any strain on the ball of the foot.
- You should have sturdy shoes. If the front of your shoe bends easily, it is best to avoid wearing that shoe. Sturdy shoes will provide better control and stability in case you happen to bump or injure your feet. Injury can set off a gout flare if you are predisposed to gout attacks.
- The shoes should be comfortable for your feet. Good cushioning will help with the comfort as well as well-padded insoles. Watch that the insoles do not take too much space up around the big toe area where gout loves to appear.
- Avoid shoes that cause crimping to occur. A wide shoe will help keep this from occurring.
- Ensure the shoes have enough space for air circulation; shoes with a large front box for the toes are a great shoe choice to wear.
- Sneakers or trainers are good shoe choices; walking shoes and Oxfords are also shoes to look for when suffering from gout. Thick sole sandals are appropriate, so long as they are sturdy and are not flexible.

### Avoid any of these poor gout shoe choices if at all possible:

- Moccasins (too flexible and little protection)
- Tight-fitting shoes of any kind
- Narrow-toed shoes
- Slippers
- Flip-flops
- High-heeled shoes; they cause the toes to be pushed together and put pressure on the knee and other joints
- Thin-soled shoes should be avoided because they do not protect your feet from what's on the ground.

Next time you buy shoes, keep these tips in mind so that you can keep gout from occurring as often. By keeping your feet protected from pressure and injury, you can walk confidently without any worry of gout getting in your way.

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