

Why do shoes rub feet and cause blisters?

The shoe should fit comfortably on each foot, with the back of the heel fitting snugly against the shoe. There should be some space between the heel and the shoe so that the shoes do not rub. Also, the toes should be close to the end of the shoe, and there should be some room in them.

We recommend trying the new shoes on both feet to make sure they fit comfortably.

What causes shoe scuffs?

The friction between the shoes and your heels and/or toes causes the shoes to rub. This fissure occurs during walking, and the degree of discomfort can depend on several factors, including the shape of the shoe, the material, the tightness, and even the quality of the socks!

Following the recommendations below will help prevent your shoes from rubbing your toes and heels.

The main reasons for the appearance of bruises:

- Shoes are new - The most common cause of foot pain and blisters is when you wear newly bought shoes. Chafing and blisters almost always occur with new shoes because your feet have not yet adjusted to the new material shape of the shoe, and the shoe has not yet stretched and comfortably conformed to the shape of your foot.
- They're too big - Bigger shoes can make your feet feel like they're sliding back and forth. This constant movement and looseness increase the chance of friction and, ultimately, the risk of foot blisters. Your toes constantly sliding forward in shoes can also chafe and cause blisters.
- They're too small - We've all tried shoes that are too small and feel instant discomfort, but wearing shoes that don't fit properly can cause severe chafing and sore feet.
- Heat - When the temperature rises, your blood vessels can dilate due to the pressure of excess body heat. This causes fluid to accumulate in the tissues, mainly in the lower legs, ankles and feet. If you've been outside in the heat, this build-up can expand your feet and shorten your shoe space. Rubbing starts due to lack of space and the strength will vary depending on your activity.
- Excess water - Water seeping through your shoes on rainy days, or even when wearing shoes that have not completely dried from the last wash or wear, can cause a shoe rubbing effect on your feet. Your skin will soften in contact with water and become more vulnerable to blisters and general soreness. Chafing and sore skin are also common if your socks get wet.
- After changing the shape of shoes - keep seasonal shoes in the closet with some soft material like paper inside them so that they do not change shape, and when you wear them in a new season, they do not start rubbing your feet because they will be uncomfortable against your foot.

What should I pay attention to to reduce the probability of deletion?

1. Measure your feet. Many people think they already know their shoe size. Often it is, but sometimes not. Shoe size and fit can vary by shoe manufacturer and the time of day! Your feet expand throughout the day, so putting on your shoes in the afternoon is always a good idea. This way, you can ensure that your shoes will always fit. Read our shoe sizing guide for tips on measuring your shoe size as accurately as possible.
2. Wear good socks. It is important to wear good socks when trying on shoes for the first time. Wear the type of socks you intend to wear with the shoes you are trying on. Tight socks help protect your heels and toes from chafing in your shoes by reducing friction against your skin.
3. Use custom insoles. Adding insoles explicitly designed for your feet to your shoes is a great way to prevent chafing and blisters. Orthopaedic insoles reduce friction when walking and provide the highest protection for the back of the heel. Moreover, adding custom insoles to new shoes can often improve the shoe's long-term wearability. So, the shoes will generally become more comfortable and reduce foot or joint pain discomfort. There are a number of orthopaedic insoles on the market that are individually adapted to the shape of your foot or are generally made specifically for the shape of your foot (visit orthopaedic stores).
4. Stretch your new shoes. While it's important to measure your feet when buying new shoes, it's also a good idea to consider stretching them to prevent chafing. By doubling the socks, the circumference of the feet will increase, and the material will gradually stretch. You can also purchase a shoe stretching kit to help with the entire process. Also, taking your new shoes to your local cobbler to get them stretched will help prevent discomfort.
5. Wear patches. This may seem like a pretty simple tip, but wearing patches before pain or discomfort occurs can stop your shoes from rubbing. This is especially important when wearing new shoes for the first time. Placing a patch on the back of the heels will not only protect them from chafing, but also provide an extra layer between the foot and the shoe for a better fit. This simple precaution can help prevent a lot of pain and discomfort in the future by sticking a patch not only on your heel, but also in areas where you feel the friction of your shoes.
6. Reduce Humidity. Shoes gain moisture over time as your feet sweat throughout the day. The humid weather doesn't help either! This fluid build-up dampens your shoes and can cause chafing.
7. Consider the material of the shoes. When buying new shoes, it is important to consider the type of material. While we have solutions to the age-old question of how to avoid rubbing your shoes, it's worth considering the material of your shoes. Synthetic textiles are more likely to cause friction than natural-made shoes. This is something to keep in mind to prevent blisters on your heels and toes. It's also worth looking at the lining of your shoes to determine if the stitching will irritate.
8. Choose the right socks - When choosing new shoes, wear the socks you intend to wear with them. The right choice of socks is just as important after purchase.

Tips for different types of shoes.

No two pairs of shoes are the same, so it's important to know how to deal with different types of shoes that can cause pain or irritation.

Leather Boots - A timeless classic that boasts great durability, leather boots are a must-have in any wardrobe. Leather shoes can often feel stiff, which contributes to their durability, so it can take some getting used to. We recommend wearing your new pair of shoes at home for a while to stretch the leather before going outside. We recommend spraying the skin with a softening impregnator both from the outside and from the inside. Over time, proper care and cleaning will keep your leather shoes looking sharp and soften the material a bit for comfort. They are often flexible, so you can tie them to suit your comfort.

Suede Boots - Suede boots generally present a lower risk of chafing due to the often soft interior. If your new pair of suede doesn't quite fit, we also recommend wearing them a few times at home before going out to let your feet get used to the shoes and adjust slightly to fit comfortably. Wear thicker socks when wearing suede shoes, as thicker socks can change the fit and cause discomfort.

Rubber Boots - Favorite festival, outdoor work and so on, rubber boots are perfect for wet and muddy conditions. Easy to clean and designed to keep out water. However, it may start chafing in the long run due to the sweat created by the non-porous material. Unlike suede boots, thick socks are a good choice as they keep out any rain that seeps in. The thickness protects your sensitive skin and prevents chafing. Rubber boots can lose their shape over time, so a good way to combat this is to stuff them with old newspapers. This will keep the shoe in shape and fit comfortably.

Textile Boots - Popular all year round, textile boots are stylish and often soft, suitable for every occasion. Despite their softness, textile shoes, especially new ones, can rub against your feet. Once you have the right fit, there are many ways to get comfortable quickly. Simple stretches and movements in new textile shoes can go a long way in loosening the material. Put on a new pair and simply rest on your toes, then your heels, and repeat to reduce the sensation of the shoes. It is also important to tie textile shoes. They are often flexible so you can tie them to suit your comfort.