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Finding the “Perfect Sock”

People often spend plenty of time looking for the “perfect shoe”, but few take the time to find the “perfect sock”. If you pair the proper sock with your shoe, you can reduce your risk of developing blisters, foot fungus, odor, discomfort and toenail problems. As you choose your next pair of socks, SHOES-n-FEET® recommends keeping the following in mind:

Synthetic Fibers Keep Your Feet Cool and Dry

Socks made of synthetic fibers will keep your feet cooler and drier than cotton. Studies have shown these fibers are better at wicking, cooling and drying. Synthetic fibers include Acrylic, CoolMax®, Thor-Ion® and Teflon. A blend of synthetic fibers is ideal for keeping your feet cool and dry.

The Problem with Cotton

Avoid cotton socks if you have any problems such as: blistering, sweaty feet, hot feet, toenail conditions or foot fungus. Once cotton gets wet, it stays wet, bunches up and may cause blisters. Cotton doesn't hold up well to washing, easily loses its shape and becomes abrasive.

Extra Padding or Double Layer Prevents Blistering

Studies show that thicker socks with special padding like Thorlos® or double layer socks like WrightSock® are most effective at preventing blistering. So if you tend to blister, opt for socks with better padding or two layers.

Socks for People with Diabetes

Socks designed for diabetics should include: a flat, soft toe seam; moisture wicking capability; antifungal/antibacterial treatments; fit; comfort; and white color. Mild compression stockings are also recommended to promote circulation. A good example of a sock for people with diabetes is Jobst Sensifoot®.

When Exercising, Socks are Essential Equipment

The right socks are essential equipment in any exercise program. Not only do protective socks prevent problems such as blisters and fungus, but they will help keep your feet comfortable by ensuring that they stay dry and well cushioned. Quality exercise socks such as Thorlos® or Wrightsock® will also help regulate foot temperature.