

Things To Remember

When Choosing Shoes For Hip Pain Relief



Choose shoes with platform heels to provide extra cushion and absorb the impact from the feet.



Pick shoes with rubber soles for traction and durability.

Opt for shoes made of mesh material at the upper part to provide breathability.



Look for shoes with sufficiently thick memory foam midsoles for well-cushioned support.

Choose shoes with rocker bottoms for necessary support when walking.



Consider podiatrist-recommended lightweight shoes.

Look for user reviews and cost-effectiveness to narrow down your list.



Images: Amazon