ABSTRACT

The present footwear is a footwear including a footbed 10 including a heel thin part 12a having a thickness reduced in a region facing a heel of a user, a fifth-toe-side thin part 12b, 11f having a thickness reduced in a region facing a fifth toe side of the user, and a mounting part 11b that is formed in a region from which the heel thin part 12a and the fifth-toe-side thin part 12b, 11f have been removed, and on which a bottom of a foot of the user is to be mounted, the fifth-toe-side thin part 12b, 11f is constituted of a fifth-toe-side flat part 12b and a downward inclined part 11f, the fifth-toe-side flat part 12b is a region faced at least by a fourth toe, a fifth toe, and base parts thereof of the foot of the user, and a part of an adductor hallucis transverse head located near the heel relative to the base parts in a state where the user wears the footwear, the downward inclined part 11f is a region faced by an abductor digiti minimi muscle of the bottom of the foot of the user in a state where the user wears the footwear and is inclined downward from an upper surface of the mounting part 11b to an upper surface of the fifth-toe-side flat part 12b, and the upper surface of the fifth-toe-side flat part 12b and an upper surface of the heel thin part 12a are continuous.

FIG.1