



## **SHOE RECOMMENDATIONS**









ORTHOTIC SANDAL BRANDS		BRANDS		ORTHOTIC BRANDS
□Fit Flops (Thick Sole)		□Brooks	□Asics	☐The Running Store
□Vionics		□New Balance	□Hoka	□Diabetic Insert Brands
□PowerStep		□Nike	□Newton	(Dr. Comfort, Aetrex, OrthoFeet)
□Spenco		□Mizuno	□Altra	
□Birkenstocks		□Saucony		
□Sole	□Clark's Cloudsteppers			
□Oofos		Other		
SHOE TYPES:				
□ Stability:	Non-flexible, only toe box should bend, provides support to the medial (inside) portion of the feet, good for low arch/ flexible flat feet and over-pronation.			
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☐ Motion Control:	Provides the greatest support to the medial portion of the feet, used for those who bear weight excessively along medial part of shoe and people morbidly overweight-also for rigid flat feet and severe arthritis in feet.			
□ Neutral:	Allows the foot to be used naturally during the gait cycle, good for high/normal arch feet.			
□ Wide:	Extra space for bunions or wide feet.			