



## SHOEWEAR RECOMMENDATIONS

These are a list of recommended shoes for patients with various foot and ankle issues. These should be used as recommendation only and not a prescription. In general, we look to recommend more supportive shoes that should be trialed as comfort is most important. We recommend supportive shoes with over the counter insoles (Spenco or Sof Sole) before looking to more expensive custom insoles for correction.

*Always check each individual shoe prior to purchase that it provides adequate support and comfort. To check support push on both ends of a shoe to see flexibility, more ridged protects movement of the foot.*

- **Cross Trainer Tennis Shoe** (New Balance, Saucony, Salomon, Adidas Terex 425)  
Generally more supportive athletic shoes
  
- **Hoka, Altra or MBT shoes**  
Great rocker bottom shoes that generally have more support  
Great for foot and ankle arthritis  
Hoka - Parmigan Sports in Edwards or Sun & Ski in Avon  
Altra – Peak Performance in Edwards  
Summit & Steamboat - Twisted Trails has both HOKA and Altra
  
- **Hiking Shoes** (Salomon, Vasque, Salewa)  
These are some options and companies that have good selection.  
In general look for a comfortable shoe with good support to foot and ankle
  
- **Dansko or Alegria by PG lite** (<http://www.dansko.com>)  
Bunion or 1<sup>st</sup> Toe Stiffness. Great for open toe box and rocker bottoms.
  
- **Insoles (Spenco and Sof Sole)**  
Should start with cushioned full length insole
  
- **Rockport** (<http://www.rockport.com>)  
Good options for business and dress shoes
  
- **SAS** (<http://www.sasshoes.com/>)  
More options and generally all around comfortable shoes
  
- **Wolky Shoes** (<http://wolky.com/>)  
Wider toe box and many options of sandals