



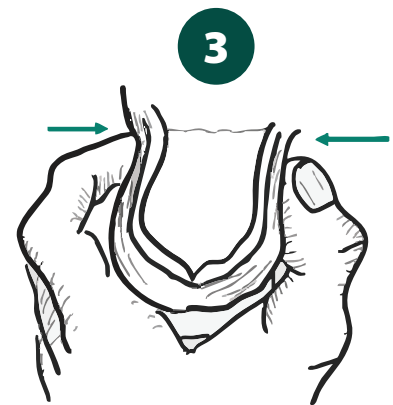
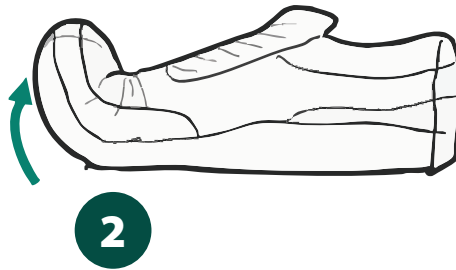
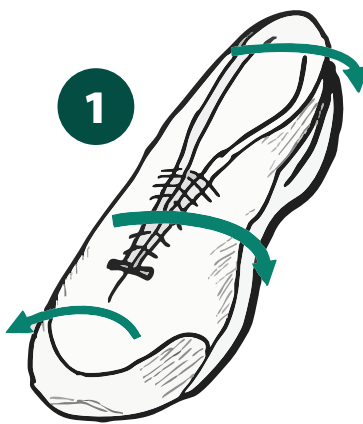
**PATIENT
EDUCATION**

How to Tell if a Shoe Is Worth Buying



A common question is “What do I look for when buying a shoe?”

- Many foot problems come from lack of support. Having a good shoe is critical.
- Three things to look for when buying shoes: twist, bend and squeeze.



1. TWIST

Twist the sole like you are ringing out a towel to see how much torsional rigidity there is.

2. BEND

Flip the shoe over and bend the shoe — it's expected to only bend (slightly) where your toes bend. If it bends back in the mid part of the shoe then it's not going to give you adequate support.

3. SQUEEZE

Squeeze the heel counter (back part of shoe that is next to the heel cord) of the shoe. It needs to be fairly stiff so it doesn't collapse.



Walking, Running

Asics – Novablast, Kayano, GT-2000, Nimbus (plantar fasciitis)

Brooks – Beast, Ariel, Addiction, Adrenaline, Transcend, Addiction Walkers

New Balance – 9060, 530, 990, 1260, 1340, 1540

Altra – Escalante, Instinct, Torin

On – Cloud, Cloudmonster

HOKA – Clifton, Bondi, Carbon

Hiking/ Trail Running

Asics – GT-2000 trail, Barricade

Brooks – Adrenaline GTX

Altra – Kint MT, Timp, Lone Peak 3.5

Keen – Targhee 2

Merrell – Chameleon

New Balance – 847, 928, Postal, 706, 806, 1005

Dress Shoe

Women

Aetrex, Alice Alan, Aravon, Ariat, Beautifeel, Sanita, Shelby, Dansko, Rieker, Finn Comfort, Cole-Haan, Naot, Sudini, Taryn Rose, Vionic

Men

Aetrex, Allen Edmonds, Cambrian, Clarks, Cole-Haan, Cambrian, Dansko, Rockport, Ecco, Kumfs

Cross Trainers

Adidas – Barricade

Asics – Gel-Resolution

New Balance – 806, 1296

Extra Depth – Aetrex, Allbirds, Apex, Drew, Orthofeet, New Balance 928 Walking series

Sandals

Vionic, ABEO, Chaco, Aetrex Sandalistas, Ariat, Birkenstock, Cambrian, Dansko, Finn Comfort, Naot, Theres, Acorn, Halflinger

Slippers/Clogs

Aetrex Krista, Finn Comfort, Geisswan, Heflinger, Merrell Jungle Moc, Naot Iceland, Glacier, Stegmann, Timberland Professional

