

Reconstructive Foot & Ankle Institute, LLC

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www.rfainstitute.com

Shoe Guide

Things to Look For in a Good Shoe:

1. Flexion: Try to bend the shoe. A good shoe should bend in the toe box, not in the midfoot.
2. Rear Foot Support and Heel Counter: Make sure that there is a back to the shoe, rather than a clog. Also, are you able to squish the heel? It should be firm.
3. Torsional Rigidity: You should not be able to twist the shoe.
4. Insoles of the shoe should not be glued in, they should be removable.

Recommended Shoe Brands Available to order from our office:

Aetrex (aetrex.com), Apex, Dr. Comfort, Vionic (vionicshoes.com)

Other Recommended Brands:

ASICS, Brooks, Clarks, Filson, Hoka One One, Keen, Mizuno, New Balance, Newton, Red Wing Shoes, SAS, Uggs house slippers, Arcteryx , Salomon

Not Recommended Shoe Brands:

Adidas, Altra, Champion, Converse, Crocs, Easy-Sprit, "flip-flops" (any brand other than Aetrex or Vionic are bad), Keds, Nike, Reebok, Rockport, Skechers, Sperry, Starter, Teva, Timberland, Uggs (boots), Under Armour, Vibram, Anything Memory Foam

Other Factors to Consider:

- Minimalist shoes are not recommended as they lead to fractures and tendonitis. Fully supportive shoes are better. An example of minimalist shoes would be Vibram five-fingers which contour to one's foot with each toe in a separate section.
- Barefoot running is only recommended on clean, sandy beaches. It is not recommended on any other surface.
- In addition to the above criteria, diabetics and those with foot deformities should look for shoes that come in multiple widths and have extra height/depth to accommodate extra insoles.
- Shoes should fit the width of your foot. This can be tested by taking the insole out of the shoe and standing on it. If your foot is wider than the insole, then it is too narrow.
- There should be a thumbs width between the end of your longest toe and the end of your shoe.

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