

WHAT SHOES DOES A PODIATRIST ACTUALLY RECOMMEND?

Good shoes support today's adventures and tomorrow's feet. ♥

DR. KAYLA WRIGHT, DPM'S SHOE GUIDE
HEALTHY FEET. A MORE ACTIVE YOU.



RUN / WALK / ATHLETIC SHOES

CUSHION • STABILITY • SUPPORT • FORWARD MOTION



ROOMIER TOE-BOX OPTIONS



TOE BOX MATTERS



TRADITIONAL TOE BOX

Squeezes toes



NATURAL FOOT SHAPE

Lets toes spread

Brand examples only. Fit and features vary by model.



SANDALS

SUPPORTIVE • STABLE • GREAT FOR WARMER DAYS



VIONIC



Propet



aetrex



KEEN



Teva



REEF



Finn Comfort



abeo



REVERE



BIRKENSTOCK



Chaco

Brand examples only. Fit and features vary by model.



EVERYDAY / CASUAL SHOES

VERSATILE • COMFORTABLE • SUPPORTIVE STYLE



Clarks



easy~spirit



MUNRO



ECCO



ROCKPORT



MERRELL

WEAR ORTHOTICS? LOOK FOR:



STABLE HEEL

Holds the orthotic in place



SECURE FIT

Laces or adjustable straps



REMOVABLE INSOLE

When additional space is needed



ENOUGH DEPTH

So your foot isn't crowded

★ Selected Naot and Finn Comfort styles have removable insoles and may accommodate custom orthotics. Fit varies by model.

DR. WRIGHT'S FIT TEST

- ✓ Does my heel feel secure?
- ✓ Can my toes move comfortably?
- ✓ Does anything pinch, rub, or create pressure?
- ✓ Does the shoe feel comfortable when I walk?
- ✓ Does it work for my activity?
- ✓ If I wear orthotics, do they fit correctly inside?



Do not rely on "breaking in" a shoe that already hurts.



ORTHOTIC TIP

If your orthotic moves inside the shoe, have the shoe and orthotic fit checked.



INDOOR SHOES

If your treatment plan calls for regular orthotic use, choose an indoor shoe that can securely accommodate the device.

★ NAOT and FINN can accept custom inserts and can be custom made when clinically appropriate.



DOWNLOAD DR. WRIGHT'S SHOE GUIDE

Your quick reference for brands, features and fit tips. →