

# PODIATRY SHOE RECOMMENDATIONS

These shoes were evaluated in quality shoe stores in the San Francisco and Seattle areas. Availability may vary by geographic area. This list does not include all quality shoes, and is only provided as a guideline to help you and your doctor find a shoe that will work well with your orthotics.

## Exercise Walking / Running

**Altra:** Provision Olympus Torin  
**Asics Gel:** Foundation Kayano  
**Brook:** Beast\* Ariel\* Addiction Adrenaline Vapor  
**Hoka:** Bondi Bondi Gaviota  
**New Balance:** 880 993 1540 Fresh Foam  
**Nike:** Zoom Structure  
**Saucony:** Hurricane Ride Omni

## Walking

**Aetrex:** All Walkers  
**Brooks:** Addiction Walker (Leather)\*  
**Dunham:** All Walkers  
**Hoka:** Bondi Leather  
**New Balance:** Postal 706 847 928\*  
**SAS:** Time Out (m) Free Time (w)  
**Saucony:** Omni

## Trail Running/Light Hiking

**Asics:** GT-2000  
**Brooks:** Adrenalin Cascadia  
**Hoka:** Sky Kaha Sky Toa Stinson TenNine  
**Keen:** Targhee II(2)  
**Merrell:** Chameleon Moab  
**New Balance:** 852 978 1360  
Fresh Foam More Trail  
**Oboz:** Sawtooth

## Cross Trainers/ Aerobic

**Adidas:** Barricade  
**Asics:** Gel-Resolution Quantum  
**K-Swiss:** Bigshot Light  
**New Balance:** 608 624  
**Nike:** Monarch Renew Zoom Vapor  
**Prince:** T-22

## Extra-Depth Shoes ++

Aetrex, Apex, Dr. Comfort, Drew, Orthofeet, Soft Spot

\*Maximum motion control++ Best Shoe type for AFOs

**Shoe Size:** \_\_\_\_\_

## Basketball

**Adidas:** Dames Pharrell Williams  
**New Balance:** Kawhi  
**Nike:** Kyrie Zoom KD

## Cycling Shoes

**Sidi**

## Dress Shoes-Women: *Flats, Casual, Heels*

Aetrex, Aravon, Ariat, Beutifeel, Blend, Cole-Hann, Dansko, Ecco, Finn Comfort, Munro, Naot, Rieker, Rockport, Salamander, Sanita, Selby, Sudini, Taryn Rose, Theresia, Vionic

## Dress Shoes-Men:

Aetrex, Allen Edmonds, Cambrian, Cole Hann, Dansko, Dunham, Ecco, Naot, Rockport

## Sandals- *can accommodate custom orthotics*

Aertex Sandalistas, Ariat, Birkenstock, Cambrian, Dansko, Finn Comfort, Naot, Theresia, Vionic

## Rocker-Soled Shoes

Alegria Dansko Hoka  
New Balance: Fresh Foam More

## Clogs and Slippers

*Nontraditional slippers for support and comfort*  
Aetrex Krista, Alegria, FinnComfort Orb, Heflinger Clogs, Merrell Jungle Moc, Naot Glacier, Stegmann Clogs, Timberland Professional Clogs, Vionic

**Insoles:** To go under orthotic after removing sockliner

**Dr. Scholl's:** Air pillow insole **Spenco:** Flat insole

DOUGLAS M TAYLOR, DPM

1855 SAN MIGUEL DR. #30  
WALNUT CREEK, CA 94596  
(925) 945-7796

13847 EAST 14<sup>th</sup> STREET, #110A  
SAN LEANDRO, CA 94578  
(510) 351-4331