

STEINBERG PODIATRY ASSOCIATES, P.A.
SHOE INFORMATION

1. Forget your usual size. Shoes should be comfortable with minimal pressure BEFORE breaking them in. You should be able to wiggle all your toes freely within the shoe. There should be space at the end of the shoes of approximately 1/2" (one finger) from end of toes to end of shoe.
2. Shoes with REMOVABLE INSOLES allow for padding or arch supports to be added.
WEAR NEW SHOES FOR AT LEAST 2 WEEKS PRIOR TO NEXT APPOINTMENT.
3. Heel spurs do better with a slightly raised heel, such as a jogging/running shoe.
4. If your arches or ankles are weak, high-top, lace-up shoes/hiking boots are helpful.
5. Avoid plastic, vinyl, or nylon materials. Look for breathable, wicking materials. Soft leather walking, running, or athletic shoes easily adapt to the shape of your feet.
6. New shoes should be purchased late in the day since feet may swell during the day.
7. New shoes should be worn for only a few hours at first, inspect your feet for any new irritations.
8. Terminology to look for in quality shoes: anti-pronation, firm reinforced heel counter, firm medial arch, high rounded toe box, conforming soft seamless leather.
9. More important than the brand of shoe is the qualities: lace up shoes are best, the sole should not bend in the middle, the heel counter should not collapse when squeezed from the sides.
10. Wear sport specific shoes: running shoes for running, tennis shoes for tennis, not cross trainers.

RECOMMENDED SHOES

Jogging/Running Shoes

Asics-GT2100, GT2090, Gel-cumulus
 Evolution, Foundation, Fortitude
 New Balance – 700-1200 Series
 Adidas- Adistar Control
 Saucony – Grid Stabil, Omni, Hurricane
 Nike – Air Max, Trail Pegasus, Equalon
 Etonic – Pro III, Stable Pro
 Brooks – Trance, Adrenaline, Beast
 Ariel, Vapor

Tennis/Walking Shoes

SAS – FreeTime, Me Too, Whisper,
 Take Time, Viva
 SAS – Time Out, VTO, Bout Time,
 Side Gore
 New Balance – 500-800 Series
 Rockport – World Tour, Pro-Walker
 Soft Spots – Supreme, Marathon
 Merrell – Hiking boots, Slides
 Apex – Ambulator, Healing Shoe

S.A.S. Shoes	College Park Plaza	237-8833
Ocala Sports	Churchill Square	690-1851
Gander Mtn	3970 SW 3 rd Street	351-6186
Dick's	4414 SW College Road	237-7672
Foot Locker	Paddock Mall	237-3447
Rack Room	Paddock Mall	861-0380
Shoe Carnival	2800 SW 24 th Ave	237-6803
Shoe Biz	1008 Bichara Blvd Villages	259-7800
Lombardo Comfort Shoes	8530 SW Hwy 200	854-2292
Mid Florida Prosthetics	2300 SE 17 th Street	351-3207
Franck's Pharmacy	202 SW 17 th Street	622-4148
Hanger Prosthetics	1750 SW 1 st Ave	351-2788
Bitting's Pharmacy	619 SE 17 th Street	732-3666

Socks - Nike socks, Thorlo socks, Cool-Max, Jobst athletic support socks

Arch Supports – 10 seconds 3/4 Rigid Arch Insole / Sof Sole RunWalk Insole/ 1st step / Apex
 Spenco arch support / Superfeet green / Dr Scholl's sport, work

Ankle Support – Sweedo-O type lace up with figure 8 velcro closure