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 ½” (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

<table>
<thead>
<tr>
<th>Jogging/Running Shoes</th>
<th>Tennis/Walking Shoes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asics-GT2100, GT2090, Gel-cumulus</td>
<td>SAS – FreeTime, Me Too, Whisper, Take Time, Viva</td>
</tr>
<tr>
<td>Evolution,Foundation,Fortitude</td>
<td>SAS – Time Out, VTO, Bout Time, Side Gore</td>
</tr>
<tr>
<td>New Balance – 700-1200 Series</td>
<td>New Balance – 500-800 Series</td>
</tr>
<tr>
<td>Adidas- Adistar Control</td>
<td>Rockport – World Tour, Pro-Walker</td>
</tr>
<tr>
<td>Saucony – Grid Stabil, Omni, Hurricane</td>
<td>Soft Spots – Supreme, Marathon</td>
</tr>
<tr>
<td>Nike – Air Max, Trail Pegasus, Equalon</td>
<td>Merrell – Hiking boots, Slides</td>
</tr>
<tr>
<td>Etonic – Pro III, Stable Pro</td>
<td>Apex – Ambulator, Healing Shoe</td>
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<tr>
<td>Brooks – Trance, Adrenaline, Beast</td>
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<tr>
<td>Ariel, Vapor</td>
<td></td>
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</tbody>
</table>

S.A.S. Shoes  College Park Plaza  237-8833
Ocala Sports  Churchill Square  690-1851
Gander Mtn  3970 SW 3rd 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 24th 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 17th Street  351-3207
Franck’s Pharmacy  202 SW 17th Street  622-4148
Hanger Prosthetics  1750 SW 1st Ave  351-2788
Bitting’s Pharmacy  619 SE 17th Street  732-3666

Socks - Nike socks, Thorlo socks, Cool-Max, Jobst athletic support socks
Arch Supports – 10 seconds ¾ Rigid Arch Insole / Sof Sole Run/Walk 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