# SHOE FEATURES LINKED TO FOOT CONDITIONS

Full Stride ORTHOTICS
IMPROVE THE WAY YOU MOVE

### Pes Equinis:
- 10-15mm heel drop to accommodate for forefoot-heel discrepancy

### Stiff + Rigid big toe (hallux limited/rigidus, bunion, 1st MTP OA, Sesamoiditis
- Forefoot rocker
- Stiff midsole with limited toe break

### Overpronation/ flat feet/ out toeing
- Stiff heel counter
- Stiff midsole
- Rocker sole

### Rigid Cavus/ high arch foot/ Arthritic Foot
- Deep shoe/ tongue that's not sewn in
- Cushion/ higher stack runner
- Rearfoot and forefoot rocker
- Neutral shoe (No pronation control)

### Wide/ splayed forefoot
- Wide/ square toe box shoes (Keen, Topo, Altra)
- +2E mens, +D womens
- Straight last shoe

### Orthotic Users
- Removable Insole
- Neutral shoe (no pronation control)

### Plantar Fasciitis, heel pain
- Stiff and cushioned midsole
- 10-15mm heel drop
- stiff heel counter
- forefoot rocker

### Metatarsalgia, Mortons Neuroma, lateral/ medial forefoot callusing (sides of foot), Bunion/ Bunionette
- Wide or square toe box shoe - (Keen, Topo, Altra)
- Forefoot Rocker
- little to no heel drop