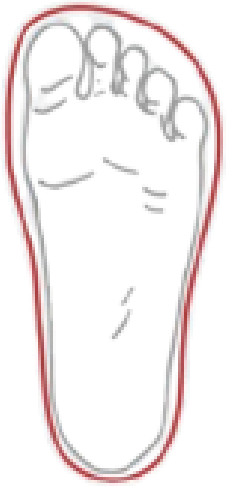
CHOOSING THE RIGHT SHOE





SHOE FITTING

GOOD FIT:



POOR FIT



Technique:
Remove the insole that comes with the shoe. Place your foot on the insole so the heel is at the very back and stand up. This will allow you to see;

Length:
Ensure there is about 1-2cm between the end of your longest toe and the end of the insole

Width:
Ensure there is a sliver of space between the widest part of your forefoot and the insole

****Only check if the insole is not glued or sewn in****

SHOE FEATURES

1.Stiff Heel Counter
Squeezing the heel of shoe together or pushing down at the back. the heel should have little to no movement when force is applied.



2. Laces, Velcro, Zipper
to ensure your foot stays in the correct place, some sort of adjustable upper is recommended. This is especially important when using a 3 dimensional orthotic device.

3.Removable Insole
Having an insole that is removable is beneficial when looking at proper fit. it also helps the orthotic sit better inside the shoe if the insole is taken out.

4.Stiff Midsole/ Toebreak
you should not be able to twist or bend the shoe easily. this feature improves the stability of the shoe.

5.rocker sole
If you press down at the end of the shoe, it should tip and the heel should lift off the ground over 35 degrees. you can also have a rearfoot rocker that will tip the shoe backwards and lift the toebox off the ground