

MOJO FEET
made to move

**YOU HAVE BRAINS
IN YOUR HEAD.
YOU HAVE FEET
IN YOUR SHOES.
YOU CAN STEER YOURSELF
IN ANY DIRECTION
YOU CHOOSE.
YOU'RE ON YOUR OWN, AND
YOU KNOW WHAT YOU KNOW.**

**AND YOU
ARE THE ONE WHO'LL
DECIDE WHERE TO GO.**

~DR. SEUSS

**SLOW DOWN. INHALE.
STOP AND LOOK AROUND. EXHALE.
THIS GIFT IS PRETTY AMAZING.**
**EMBRACE TAKE
CHANGE. CARE
MAKE NEW CHOICES. OF YOUR
TAKE GUTSY CHANCES. BODY.
Move fearlessly forward.
DO WHAT MOVES YOU.
TODAY IS A GIFT. RIP INTO IT.**

**STAY GROUNDED.
MAKE SURE WHEN
THE RUBBER MEETS
THE ROAD, YOU'RE
IN THE RIGHT SHOES.**



MOJO FEET
made to move

We have compiled a list of great shoe manufacturers that make sandals, dress shoes and open back shoes with removable inserts. There are many great online shoe stores that you can search for shoes with 'removable inserts' or shoes that are orthotic friendly. Just a few to try are www.onlineshoes.com, www.zappos.com, and www.planetshoes.com. You just need to know where to look for good shoes, we hope this helps.

Acorn	Hushpuppies	Rogue
Aetrex	GoLite	Romika
Alegria	Jambu	Romus
Aravon	J-41	Salomon
Arcopedico	Keen	Sanita
Ariat	Klogs	Sergio Tomani
ASGI	Kumfs	Tsubo
Birkenstock	Mephisto	Softwalk
Clarks	Merrell	Softwave
Cobb Hill	Munro	Spring Step
Columbia	Naot	Spira
DanskoDrew	Naturalizer	Stonefly
Dunham	Oh!	Terrasoles
Ecco	Patagonia	Think
Earth Origins	PG Lite	TsuboWolky
Finn Comfort	Privo	Ziera
Fly Flot	Propet	Zumfoot
Groundhog	PW Minor	
Helle Comfort	Rockport	

CHILDRENS SHOES

Ecco	Pediped (1+ years)
Hushpuppies	Pedoodles (1+ yrs)
Janie and Jack	Robeez (1+ yrs)
Keen	Saucony
Merrell	Stride Rite (1+ yrs)
Naturino (1+ yrs)	Teva
New Balance	

SHOE TEST

To find a supportive shoe to begin custom orthotic therapy; do a simple 'squish, twist, flex and rock' to make sure they are the right shoes for you.

1. SQUISH IT — the heel of the shoe (called the heel counter) should be stable and firm. Squishy heels provide squishy support.

2. TWIST IT — Hold the heel with one hand and the toe box of the shoe with the other. Twist it like a dish towel. The shank of the shoe is the part that connects the heel and toe regions of the shoe, and it should only twist a little.

3. FLEX IT — Where does your shoe bend when you walk? It should bend right where your big toe bends (we call that the 'flex point'). Keeping the heel of the shoe into the air and the toe region on a flat surface (the shoe at a 45 degree angle), press down on the shoe to see where it bends.



MojoFeet recommendations for running/walking shoes is to find a shoe with not 'too much control' and not 'too little control'. Running shoes used to be categorized as "cushioned/neutral, stability and motion control" but we are seeing less and less of these types of categories and more talk around the 'stability' the shoe provides. The rule of thumb when putting your orthotics into running shoes is to go for the 'middle of the road control' in a shoe. You may find shoes that are not on this list in your shopping adventures, make sure you put your orthotic into the shoe and walk around. Talk with the staff at a local professional running/ shoe store to make sure you have a shoe that has a moderate amount of stability to it. Replacing running shoes is recommended every 400-600 miles.

ADIDAS

Control/Stability Category: Supernova Sequence 4, Supernova Sequence 5, Adistar Salvation 3

ASICS

Structured Cushioning Category: Gel-Kayano 18/19, GT-2170, GT-2170 Trail, GT-2000, GT-2000 Trail, Gel-3030, GT-1170, GT-1000, Gel-Phoenix 4, Gel-Rebel, Gel-Neo 33, Gel-Kahana 6 (Trail)

BROOKS

Guidance Category: Ravenna 3, PureFlow, PureCadence, Racer ST 5

Support Category: Adrenaline GTS 12/13, Trance 11, PureCadence

MIZUNO

Support Category: Wave Nirvana 8, Elixir 7, Inspire 9, Nexus 6, Musha 4, Wave Cabakan 3 (Trail), Ascend 7 (Trail)

NEW BALANCE

Stability Category: 770 v2, 770 v3, 860v2, 870 v2, 940, 990 v3, 993, 1110 (Trail), 1140, 1190, 1260v2

NIKE

Stability Category: LunarGlide+ 4 Shield, LunarEclipse+ 2, Zoom Structure+ 16 Shield, LunarFly+ Trail 3

SAUCONY

Guidance Category: Guide 6, Cortana 2, Hurrricane 14, Mirage 2

Stability Category: Guide 6, Hurrricane 14, Omni 11, Stabil CS 2