

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.
- 4. ROCK IT** – Do your shoes Rock? With the shoe sitting on a flat surface press on the toe region, does the heel lift off the ground? If you need help 'rocking and rolling' when you walk, then you want to look for a shoe that has a built in 'rock' to it.



FOOT TEST

1. KNOW YOUR FEET.

Look down at them, look at their shape and do your best to find shoes that don't smush them into a different shape!

Low Volume (flat feet) – No matter how many times you lace up a shoe, sometimes it will still feel sloppy with these flat flat feet. Your orthotics should help a lot with shoe fit and will shorten up the length of your foot some, allowing shoes to fit better when your orthotics are in.

High Volume (arched feet) – these feet will come in contact with the top surface of a shoe – pay attention to the materials on the top of the shoe to make sure they are flexible for comfort.

2. GET FITTED!

We now know that our shoes should bend where our big toe joint bends. We call that size of our foot the 'heel to ball' measurement (heel to the ball of the foot). Make sure the shoe you buy, flexes where your big toe flexes and you will be much more comfortable. Get fitted at the end of the day, since you will have the biggest version of your feet then!

