



Santa Cruz Orthopaedic Institute
a Medical Corporation

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SHOE RECOMMENDATIONS

The shape and size of your feet are very important. Whether it is day-to-day walking or demanding sports, comfort and function are the key words. A proper fitting shoe is well worth the investment.

In the past, society has dictated fashion over function. Faulty fitting shoes are one of the major contributors to many foot problems.

Listed below are favored choices for shape, design, with proper toe depth, wide forefoot, proper insteps, proper heel width and curve, proper support (stiff sole with padded upper deck) and shock absorption.

ATHLETIC/RECREATIONAL SHOES (RUNNING /MOTION CONTROL)

- ASCIC GEL "EVOLUTION 6" OR "FORTITUDE 5"
- NEW BALANCE 587, 768, 858, 1012, 1123 OR 1223
- BROOKS "BEAST 993" ADDITIONAL

WOMEN'S DRESS/FORMAL SHOES (STIFF SOLED & ROCKER BOTTOM)

- DANSKO
- NAOT
- MUNROE
- EASY SPIRIT
- MEPHISTO
- SAS

MEN'S DRESS/FORMAL SHOES

- ROCKPORT
- DUNHAM
- TIMBERLAND
- ALLEN EDMUNDS
- SAS

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