



DIANA EMINI, DPM
MICHELLE KIM, DPM

SHOE RECOMMENDATIONS

Wearing good, supportive shoes are an important part of your foot health.

Qualities to look for while shoe shopping are:

- Get BOTH of your feet measured for length and width while you are standing.
- Always buy for your bigger foot. For athletic shoes, you may go up in size to have 1 thumb's width room from your *longest* toe to the end of the shoe.
- Your toes should not feel crowded. The toe box should fit the width of your toes and have enough depth. The widest part of your foot should match the widest part of the shoe.
- Shoes should be sturdy and should not bend in half or twist in half. Select a shoe with a leather upper, stiff heel counter, appropriate cushioning, and flexibility at the ball of the foot.
- Shop at the end of your day, when your feet have swollen and will measure your true size better.
- Wear the same type and thickness of socks you plan to wear with those shoes when trying them on.
- Walk around several laps with the shoes on. Avoid the carpet and try tiled surfaces. If your feet do not feel comfortable now, they not feel better at home. There should be no "break-in" period.
- If you have arch supports/orthotics, bring these with you and try them in the shoes.
- Remember, each style may be better for a certain foot shape. Each brand offers a variety of choices and there may only be one style that your feet will feel good in.
- A well-built shoe will many times cost \$100 - \$200.
- A well-built shoe usually has a removable insole liner that you can replace with orthotics.

RECOMMENDED SHOES

- * Aetrex
- * Aravon
- * Dankso (high arches)
- * Dr. Comfort
- * Ecco
- * Merrell
- * Mephisto
- * Naot
- * Propet
- * Rockport
- * SAS

SANDALS (with an ankle strap)

- * Abeo
- * Aetrex
- * Birkenstock
- * Dr. Comfort
- * Keen
- * Naot
- * Teva
- * SAS
- * Vionics (also in a flip-flop)

AT-HOME FOOTWEAR

- * Crocs
- * Dr. Comfort house slippers
- * Oofos
- * Uggs house slipper

SHOE STORE RECOMMENDATIONS:

Golden Shoes
12212 Harlem Ave
Palos Heights, IL 60463

Miroballi Shoes
14360 S La Grange Rd
Orland Park, IL 60462

SAS
826 E Ogden Ave Suite 011
Westmont, IL 60559

- Nordstroms, Von Maur, and the Walking Company carry many of these styles



DIANA EMINI, DPM
MICHELLE KIM, DPM

ATHLETIC SHOE RECOMMENDATIONS

- Proper fitting and style of shoes can help prevent foot injuries.
- It is recommended to change these every 300-400 miles of wear, even if the shoe appears to be in good condition. This is because the inner body of the shoe and cushioning for shock absorption break down over time and no longer offer you proper support.
- A good pair of shoes will have an inner liner that is removable. You can then place your arch supports / orthotics in its place.
- Shoes should be sturdy and only flex at the ball of the foot. They should not bend or twist in half.
- It is important to wear the appropriate athletic shoe for your specific sport.
 - Basketball shoes have mid to high tops for more ankle support.
 - Tennis shoes offer more lateral, or side to side, motion.
 - Soccer shoes and baseball shoes have cleats for better traction.
 - Cross Fit type exercise requires a cross-trainer type shoe

RECOMMENDED ATHLETIC SHOE TYPE:

- Zero drop shoe – keeps your heel level to your toes. Two brands available: Altra and Topo.

Peak Running With a Twist Peak Running Co
555 Village Center Drive or 945 Burlington Avenue
Burr Ridge, IL 60527 Downers Grove, IL 60515
- Cross trainers
- Stability running shoe
- Maximum stability running shoe – for excessive pronation/supination, arthritis, or to hold an AFO device.
- Other shoe brands: Brooks, Hoka, New Balance, Saucony

OTHER SHOE STORE RECOMMENDATIONS:

Dick Pond Athletics
2775 Maple Avenue
Lisle, IL 60532

Naperville Running Company
34 W Jefferson Ave
Naperville, IL 60540

Running For Kicks
7158 W 127th St
Palos Heights, IL 60463