



## **BUYING AND WEARING PROPER SHOES:**



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[www.oxfordpodiatry.com](http://www.oxfordpodiatry.com)



- TYPE: RUNNING SHOES.
- BRAND: ASICS, NEW BALANCE OR ANY OTHER SHOE THAT PASSES THE TEST.
- WHERE TO BUY: WALKING COMPANY, SAS, SPORTS AUTHORITY, WAL-MART, MARSHALLS, OUTLETS.
- IF BUNION: WIDE SHOES.
- IF HAMMER TOES: SHOES WITH DEEP TOE BOX.



Thick heel section to reduce load on achilles and plantar muscle

Firm mid section with a sturdy but well cushioned arch support

Firm toe section with little to no excess bend



**SUPPORTIVE**



**TOO FLEXIBLE**



Thank you, Oxford Podiatry Team