

## IS SPECIAL FOOTWEAR REALLY NEEDED?

Certified Pedorthists have unique footwear training that involves:

- Assessment of the foot and lower limb
- Footwear design, fabrication & modification
- Orthotic device design, fabrication, dispensing and modification

No two feet are the same. Your Pedorthist is trained to evaluate your foot needs and provide you with footwear education and orthotic devices when necessary. Footwear suggestions are specific to your foot type, biomechanics and lifestyle needs.

Custom made foot orthotics are devices used to help control excessive or irregular motions of your feet. **These devices will only work as well as the footwear they are placed in.** While you may experience some benefit from placing the orthotic in your current footwear, making sure that your footwear selection properly matches your foot type is an important step.

If you have any questions or concerns with the footwear information provided, please contact your Pedorthist.

Looking for more information about the services we offer, including our professional footwear fitting? Use your cell phone camera and point it at the QR code below. When prompted, tap on the website link!



## COME VISIT THE STORE!

The SoleScience Shoe Store offers a wide variety of performance footwear ranging from athletic and casual shoes to sandals and hiking boots. At your assessment, your Pedorthist provided you with footwear recommendations based on your foot type, lower limb mechanics and activity.

As footwear specialists, we know that proper footwear selection and fit is essential to maintaining comfort. We'd love to help you find the perfect fit.

## ADDITIONAL SERVICES

- Custom made foot orthotics
- Footwear modifications
- Compression
- Over-the-counter orthotics
- Foot strengthening exercises/programs
- Bracing, splints, non-custom AFO's
- Custom and non-custom toe spacers

For more information on how we can start getting you comfortable today visit:  
[www.solescience.ca/injury-locator](http://www.solescience.ca/injury-locator)

### LONDON AND AREA

Local 519-451-SOLE (7653)  
Toll Free 1-844-337-7653  
[admin@solescience.ca](mailto:admin@solescience.ca)

### SOLESCIENCE SHOE STORE

627 Maitland Street  
London, Ontario  
Phone 519-452-9994  
[shop@solescience.ca](mailto:shop@solescience.ca)

[solescience.ca](http://solescience.ca)

**GETTING PEOPLE BACK  
ON THEIR FEET SINCE 2002**



# FOOTWEAR

Quick information guide

# A BRIEF EXPLANATION OF SHOE CATEGORIES AND OUR PEDORTHISTS' FAVOURITE SHOES

**Cushioning:** Ample cushioning and mild support; appropriate for a normal gait pattern or when extra cushioning is required.

## CUSHIONING ATHLETIC SHOES

High > 10mm	Med 8-10mm	Low < 8mm	High > 10mm	Med 8-10mm	Low < 8mm
<b>Brooks</b> – Ghost	<b>Asics</b> – Nimbus, Cumulus <b>Brooks</b> – Glycerin <b>NB</b> – 880, 1080 <b>Saucony</b> – Triumph, Ride, Endorphin Speed	<b>Brooks</b> – Ghost Max <b>Altra</b> – Torin	<b>NB</b> – 990	<b>Saucony</b> – Echelon	<b>NB</b> – 840

**Stability:** Moderate cushioning and increased support on the inside of the shoe and around the heel; appropriate for people with mild to moderate over-pronation of their feet.

## STABILITY ATHLETIC SHOES

High > 10mm	Med 8-10mm	Low < 8mm	High > 10mm	Med 8-10mm	Low < 8mm
<b>Brooks</b> – Adrenaline-GTS	<b>Asics</b> – Kayano, GT 2000 <b>Brooks</b> – Glycerin-GTS <b>NB</b> – 860	<b>Saucony</b> – Guide	<b>Brooks</b> – Addiction, Ariel, Beast <b>NB</b> – 928		

**Court & Pickle Ball:** Designed with increased lateral support for side-to-side movements and an outsole specific to the court type.

**Cross Trainer:** Increased lateral support for side-to-side type movements, and increased flexibility through the toe box.

## Notes:

**Stable Neutral:** Moderate cushioning and stability; appropriate for very mild over-pronation or supination.

## STABLE NEUTRAL ATHLETIC SHOES

**Motion Control:** Ultimate support for the entire foot; appropriate for people with extremely over-pronated feet.

## MOTION CONTROL ATHLETIC & WALKING SHOES

## Specific Features/Fit

When out looking for new footwear, look for these specific components:

- ☐ Removable insole
- ☐ Wide toe box
- ☐ Deep toe box
- ☐ Seamless upper
- ☐ Stretch material
- ☐ Extra depth (LLD)
- ☐ Rocker toe

## Drop

- ☐ 10mm+
- ☐ 8-10mm
- ☐ ≤ 6mm

# THE CHARACTERISTICS OF GREAT FOOTWEAR

When recommending footwear to a patient there are a couple of things we always like to see.



- ①

Stiff heel counter
- ②

Adjustable buckles/velcro/lacing
- ③

Appropriate heel-to-toe drop
- ④

Slight forefoot rocker
- ⑤

Cushioned midsole
- ⑥

Minimal twist/torsion through midsole

# SEASONAL FOOTWEAR & DRESS SUGGESTIONS

We understand that you may not always want/need to be in an athletic shoe, and sometimes you may need to dress up.

Some important aspects to consider when looking for casual, dress and other seasonal footwear include:

- Removable footbed/insole
- Adjustable buckles/velcro/lacing
- Appropriate internal volume
- A stable outsole
- Appropriate heel-to-toe drop

*Note: Your Pedorthist will help you determine which shoes are appropriate for your foot type. If you also require a foot orthotic devices within your shoes, your Pedorthist will ensure that the shoe choice complements the support from the orthotic device.*