

## Segall Foot & Ankle, Inc. Shoe Information

### ###Rules to Purchase Supportive New Sneakers and Shoes

- 1) Rigid sole that only bends at the ball of the foot, not at the arch.
- 2) Rigid back of the heel counter.
- 3) Rock the heel with your index finger or a pencil or pen to see if it moves about 10-15 degrees.
- 4) Round and high toe box to give the toes and the sides of the foot plenty of room.
- 5) Extra supportive orthotic to fit into the shoes.
- 6) Have your feet measured before trying on new shoes. Generally the best time of day for a shoe fitting is in the afternoon.
- 7) Remember shoes are activity specific: Walking and Running shoes are made to go straight. Basketball and Tennis shoes are made to go side to side, sudden stops and turns etc. Soccer, Football, and Baseball cleats/shoes are made for all motions on grass or turf.
- 8) No shoes with heels greater than 1-1.5 inches in height-Over 1.5 inches causes foot deformities over time.

### ### Recommended shoes for normal arched feet and flat arched feet as well as bunions and hammertoes

#### **###Maximum Motion:**

- 1) Brooks Beast/Ariel
- 2) New Balance 1540
- 3) Saucony Stabil CS
- 4) Asics Gel Kayano

#### **###Moderate Motion Control:**

- 1) Brooks Addiction
  - 2) New Balance 990s
  - 3) Asics Foundation Walker 2
  - 4) Asics Gel GT1000 or 2000
  - 5) Saucony Progrid Omni
- Other good brand sneakers: Adidas, Mizuno, K-Swiss.

Slip Resistant Shoes: [Shoesforcrews.com](http://Shoesforcrews.com): Falcon-All black sneakers

Casual-Dress Shoes: Florsheim Comfort Tech, Rockport, Easy Spirit, SAS, Orthofeet, Dunham, Hi-Tech, Hush Puppy

Sandals and Mules: Vionic Sandals-Have a good arch support.. Naot Sandals-Have a good arch support and can sometimes fit an orthotic. Fidelio Hallux-Have a good arch support and provide excellent bunion relief.

### \*\*\*\*Rules to Purchase Cushioned New Sneakers and Shoes

- 1) Flexible to Semi Flexible sole that bends at the ball of the foot and the arch.
- 2) Rigid to soft back of the heel counter.
- 3) Rock the heel with your index finger or a pencil or pen to see if it moves about 10-15 degrees.
- 4) Round and high toe box to give the toes and the sides of the foot plenty of room.
- 5) Extra orthotic to fit into the shoes as needed.
- 6) Have your feet measured before trying on new shoes. Generally the best time of day for a shoe fitting is in the afternoon.
- 7) Remember shoes are activity specific: Walking and Running shoes are made to go straight. Basketball and Tennis shoes are made to go side to side, sudden stops and turns etc. Soccer, Football, and Baseball cleats/shoes are made for all motions on grass or turf.
- 8) No shoes with heels greater than 1-1.5 inches in height-Over 1.5 inches causes foot deformities over time.

### \*\*\*\*Recommended shoes for high arched feet

#### **\*\*\*\*Mild Motion Control:**

- 1) Brooks Adrenaline GTS
- 2) Adidas Supernova
- 3) Saucony ProGrid Guide
- 4) Asics Gel Nimbus

#### **\*\*\*\*Cushion Control:**

- 1) Brooks Glycerin
- 2) New Balance 880s

Location to Purchase Products

Sole-Lutions Footwear-Stuart Pressman CO, C. Ped - 2210 Flamingo Rd, Pembroke Pines, Fl. (954) 447-4400

Runners Depot-2233 South University Drive, Davie, Florida 33324 (954) 474-4074 and in Weston, Ft. Lauderdale, Aventura, Coral Springs

Running Wild-2563 E. Sunrise Blvd., Ft. Lauderdale, Fl. 33304 (954) 565-9400