

Katherine E. Chou, DPM

2100 Webster St., Suite 407, San Francisco, CA 94115

Phone: (415) 426-7771 Fax: (415) 967-7053

www.drkatherinechou.com admin@drkatherinechou.com

SHOE SELECTION

- Different people with different feet have different specific needs when it comes to finding the best shoe. However, there are some general guidelines that almost everybody can follow.
- Don't buy shoes that are too tight. For typical running or athletic styled shoes, you should have at LEAST half an inch of space between your longest toe and the end of the shoe. Your bare foot should also not be wider than the actual shoe!
- The sole of the heel should be very stable and not easy to twist or bend.
- The shoe should naturally want to bend at the base of the toes, where your foot naturally wants to bend.
- Don't buy shoes that bend and move in a way that your foot cannot.
- Do not walk barefoot.
- For more specific advice, talk to podiatrist.

SHOE BRAND RECOMMENDATIONS

Sneakers/athletic shoes

Asics A Runner's Mind

Brooks On the Run

New Balance

Saucony (some)

Casual dress shoes/work shoes

Clarks - Stonestown Mall, Westfield Mall, Nordstroms

Merrell - Merrell store, REI, Sports Basement

Ecco - Stonestown Mall, Westfield Mall, Nordstroms

Dansko (some) - Nordstroms, Footprint

Katherine E. Chou, DPM

2100 Webster St., Suite 407, San Francisco, CA 94115

Phone: (415) 426-7771 Fax: (415) 967-7053

www.drkatherinechou.com admin@drkatherinechou.com

Supportive sandals

OluKai - REI, Nordstroms, Sports Basement, Footprint

Orthofeet - Online only, Zappos.com

Vionic – DSW