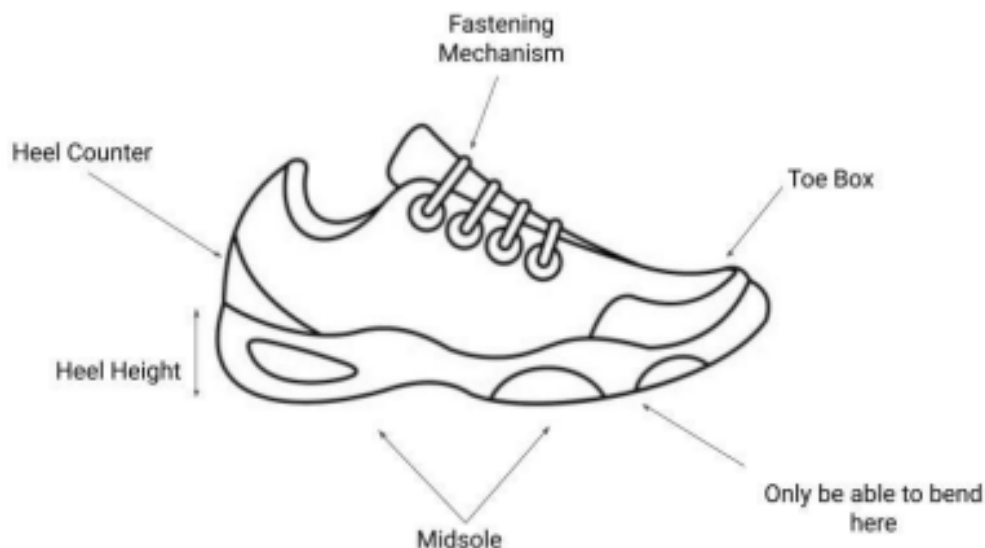


Footwear Advice

What should you be looking for?

- The toe should only be able to bend where your foot bends (at the big toe joint).
- The shoe should resist you being able to twist it (being wrung out).
- The heel counter should be fully enclosed and should be firm (i.e. it should be hard to squash it down).
- The toe box should be deep and roomy to allow plenty of room for your toes to move.
- You should be able to fit a thumb nail between your longest toe and the end of the shoe *note - sometimes your big toe is not your longest toe!
- If you have one foot longer than the other (very common!) make sure that you're fitting to the larger foot, not the smaller one.
- There should be some type of fastening mechanism (buckle, belt, strap, elastic or laces).
- The height of the heel should ideally be less than 2.5cm.
- There should be a gradient between the heel and the toe - ie shoes that are dead flat will end up putting a lot of pressure on the front of your foot and also your calves.
- The curve of the shoe should match your foot! (Your podiatrist will let you know).
- The midsole of the shoe should be firm, yet be able to absorb shock.



Recommended Footwear Options by our Podiatrists

This guide provides recommendations for footwear tailored to different foot types and needs. All suggestions are based on podiatric research and the availability of options within Australia.

As a guide for our customers, neutral footwear is typically recommended when wearing orthotics. This is because the required support or correction is provided by the orthotic itself and combining it with overly supportive footwear can sometimes lead to discomfort or reduced effectiveness. When selecting footwear, ensure it has adequate depth, a removable insole, and a stable base to accommodate the orthotic properly.

If you're unsure which footwear category is best suited for your needs, please don't hesitate to ask one of our podiatrists for expert guidance.

General Tips for Footwear Selection

- **Try Before You Buy:** Always try on shoes later in the day when your feet are slightly swollen.
- **Fit Matters:** Ensure there's enough space (around 1 cm) between your longest toe and the shoe tip.
- **Replace Regularly:** Replace footwear every 500-800 km of use or when they show significant wear.

This guide serves as a reference for choosing the best footwear options tailored to your foot type and lifestyle. For personalised advice, please consult your podiatrist.

Neutral/Cushioned Range

Neutral or cushioned footwear is ideal for individuals with a neutral gait or high arches. These shoes provide extra cushioning to absorb shock and prevent foot fatigue.

Recommended Brands and Models in Australia:

- **Asics Gel-Nimbus:** Increased cushioning and support - long-distance running.
- **Brooks Glycerin:** Offers a soft ride with ample cushioning and a smooth heel-to-toe transition.
- **Hoka One One Clifton:** Lightweight with maximum cushioning, ideal for recovery runs or everyday wear.
- **New Balance Fresh Foam 1080:** Delivers comfort with a smooth ride and a flexible fit.
- **Nike Air Zoom Pegasus:** Lightweight with responsive cushioning.
- **Adidas Ultraboost:** Stylish and designed for all-day comfort.
- **On Cloudmonster:** Features a unique cushioning system for long-distance comfort.
- **Under Armour HOVR Machina:** Combines cushioning with a propulsion plate for added energy.

Key Features to Look For:

- Arch support tailored for neutral feet.
- Flexible soles for natural movement.
- Ample toe box space.



Supportive Range/Pronating

Supportive range or anti pronation footwear is essential for those with flat feet or overpronation. These shoes help control the rate of pronation and provide stability.

- **Asics Gel-Kayano 30:** Combines cushioning with excellent arch support and enhanced stability features.
- **Brooks Adrenaline GTS 22:** Known for its GuideRails support system to assist with stability
- **Saucony Guide 16:** Offers lightweight stability and a breathable mesh upper for comfort.
- **Mizuno Wave Inspire 19:** Provides a balance of support and cushioning with a responsive ride.
- **New Balance 860v13:** Stability-focused with dual-density foam.
- **Hoka Arahi 6:** Lightweight stability with ample cushioning.
- **Nike React Infinity Run Flyknit 3:** Provides a supportive fit with responsive cushioning. Generally, is a narrow fit.
- **Adidas Solar Control:** Features a stability frame for guided motion.

Key Features to Look For:

- Firm medial support to prevent overpronation.
- Stiffer soles for added stability.
- Heel counters for motion control.



Business Style Footwear

Men's Business Shoes

Professional footwear doesn't have to compromise foot health. Many brands offer stylish yet supportive options.

Recommended Brands and Models:

- **Ecco Melbourne Derby:** Classic design with cushioned insoles and flexible soles.
- **Hush Puppies Gil Slip-On:** Features shock-absorbing soles and extra arch support.
- **Rockport Total Motion Dress Plain Toe Oxford:** Lightweight and cushioned, ideal for all-day wear.
- **Florsheim Midtown Cap Toe:** Stylish with added cushioning for comfort. (Please note can be narrow through forefoot)
- **Johnston & Murphy Conard Cap Toe:** Combines sleek design with arch support.
- **Clarks Un Costa Lace:** Lightweight and flexible.
- **Frankie4 Nathan:** Designed by podiatrists for superior support.
- **R.M. Williams Craftsman:** High-quality leather with durable soles.

Women's Business Shoes

Women's business footwear can be both stylish and supportive.

Recommended Brands and Models:

- **Frankie4 MiM Jo:** Designed by podiatrists, offering arch support and cushioning.
- **Ziera Desire:** Combines a sleek design with removable insoles for orthotics.
- **Clarks Sharon Gracie:** Stylish loafers with cushioned footbeds.
- **Hush Puppies Angel II:** Features a low heel and padded footbed.
- **Rockport Total Motion Pump:** Classic design with enhanced comfort features.
- **Vionic Josie Kitten Heel:** Provides arch support in a stylish heel.
- **Ecco Shape 35:** Modern style with cushioned insoles.
- **Naturalizer Michelle:** A blend of style and support for all-day wear.
- **Bared footwear range:** Please note these can be \$\$\$



Children's School Shoes

Children's feet are constantly growing, so proper support is critical.

Recommended Brands and Models:

- **Clarks Daytona:** Durable leather with a traditional lace-up design for optimal support.
- **Ascent Range E.g. Apex:** Endorsed by podiatrists, featuring a sturdy sole and removable insole.
- **Skechers Go Run Fast:** Lightweight, cushioned, and ideal for active kids.
- **Bobux Grass Court:** Flexible with excellent foot support.
- **Nike Revolution 6:** Breathable and cushioned.
- **Vivo Barefoot Primus School:** Promotes natural foot movement.
- **New Balance 680v6:** Lightweight and supportive.
- **Adidas Duramo SL:** Durable and comfortable for active children.
- **Paperkrane footwear selection** - anatomical fit for wider feet

Key Features to Look For:

- Firm heel counters.
- Flexible forefoot.
- Durable materials for daily wear.



Men's Steel Cap Work Boots

Work boots must provide protection without compromising comfort and support.

Recommended Brands and Models:

- **Steel Blue Southern Cross:** Lightweight, durable, and designed for all-day comfort.
- **Ascent Range: Recommended by Podiatrists**
- **Blundstone 990:** Features shock-absorbing technology and a wide fit.
- **Oliver AT 55-232:** Offers superior cushioning and a water-resistant design.
- **Mongrel 561060:** Comfortable with a slip-resistant sole.
- **Redback Bobcat UBOK:** Durable and lightweight.
- **KingGee Tradie:** Features a padded collar and durable outsole.
- **CAT Excavator Superlite:** Lightweight with composite safety toe.
- **Hard Yakka 3056:** Designed for maximum comfort and durability.

Key Features to Look For:

- Shock-absorbing soles.
- Wide toe boxes to prevent compression.
- Cushioned insoles for comfort.



Women's Sandals

Supportive sandals are a must for women who want comfort without sacrificing style.

Recommended Brands and Models:

- **Bared sandals range:** Podiatrist recommended
- **Birkenstock Arizona:** Famous for contoured cork footbeds and adjustable straps.
- **Vionic Amber:** Stylish with four adjustable straps and arch support.
- **Naot Sabrina:** Lightweight with excellent cushioning and a secure fit.
- **Teva Tirra:** Designed for active lifestyles with adjustable straps.
- **ECCO Yucatan:** Durable and supportive for outdoor activities.
- **Frankie4 Ellie:** Combines style with podiatrist-designed support.
- **Hush Puppies Nessa/Nizki:** Features a cushioned insole and adjustable fit.
- **Keen Rose Sandal:** Ideal for walking with supportive soles.

Key Features to Look For:

- Adjustable straps for a secure fit.
- Cushioned and contoured footbeds.
- Durable and supportive soles.

Wide feet/Hammer Toes/Bunions

For individuals with hammer toes or bunions, footwear should prioritise comfort, accommodate deformities, and reduce pressure on sensitive areas.

Recommended Brands and Models:

- **Brooks Dyad:** Features a wide toe box and neutral cushioning.
- **Hoka Bondi:** Extra cushioning with a roomy forefoot.
- **New Balance 990:** Wide widths available for bunion relief.
- **Altra:** All ranges - anatomical fit/ great for forefoot pathologies
- **Topo:** All ranges anatomical fit/great for forefoot pathologies
- **Orthofeet Coral Stretch Knit:** Designed specifically for bunion comfort with stretchy uppers.
- **Saucony Echelon:** Accommodates orthotics and provides ample space.
- **Vionic Walker Classic:** Supportive with arch support and a wide fit.
- **Altra Torin:** Zero-drop design with a spacious toe box.
- **Propet One LT:** Lightweight with adjustable straps for custom fit.

Key Features to Look For:

- Stretchy or soft uppers to minimise irritation.
- Wide toe boxes for pressure relief.
- Cushioned soles to reduce impact.
- Adjustable closures for a personalised fit.