

Victoria Shoe List

We do not endorse or recommend any particular supplier.

Foot Solutions	100-931 Fort Street	382-3668
Frontrunners	1200 Vancouver Street	382-8181
Front Runners Westshore	113-735 Goldstream Ave.	391-7373
Island Runners	Fairfield Plaza	595-2378
New Balance Shoes	1205 Government St.	382-9327
Peninsula Runner	Shelbourne Plaza	384-4786

Many shoe stores carry sandals with removable insoles
– check the yellow pages under “shoes”

Tips for fitting shoes:

- Make sure you have both your feet measured for length and width.
- Shop for shoes towards the end of the day as your feet tend to be larger.
- If you wear foot orthotics, take them with you and have the shoe fitted while wearing them. Shoes that have removable insoles will be easier to fit orthotics into.
- Walk around the store with the shoes on uncarpeted floor.
- It is very beneficial to try the shoes indoors at home for a day or so to test their fit and comfort - check the store's policy.
- Some stores will exchange shoes if the fitting is incorrect. Check the store's policy before you purchase your shoes.
- Select the shoe by how it fits, not by its size. Remember, only you know how the shoe feels on your foot.

Please turn over....

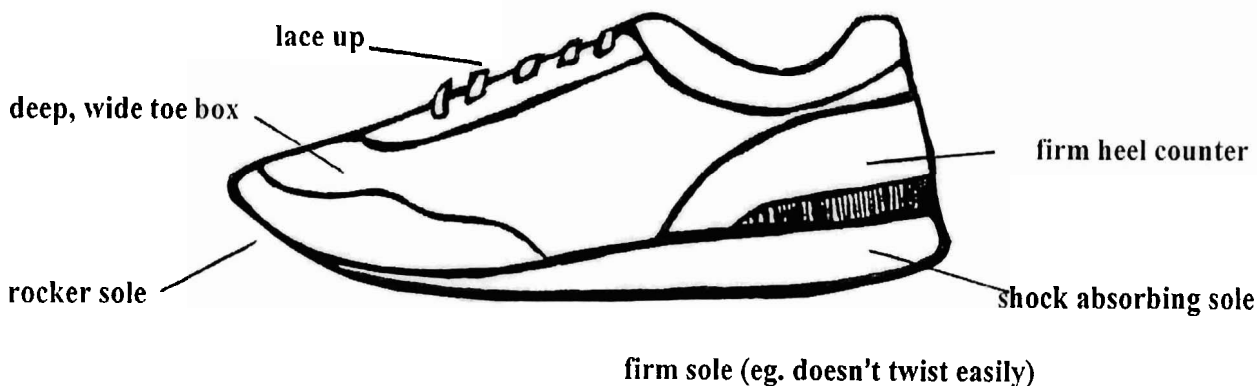
Shoe features to look for:

- Tie lacing of several holes or Velcro straps to secure the foot firmly in the shoe.
- Sufficient toe width and depth to accommodate feet comfortably. No pointed toes.
- Support through the arch.
- Firm sole to prevent twisting of shoe (to provide motion control).
- Firm, well fitting heel counter that extends well into the arch (to stabilise the heel).
- Wide heel (to give stability). Heel height of approximately ½” – 1½”. More than this will increase stress on the forefoot, less will increase stress on the ankle.

Ideally, the uppers should be seamless to prevent rubbing sore areas. If there are seams, avoid shoes with seams that are over a tender spot.

Lightweight.

Good rocker sole.



Recommendations:

- Pronatory support
- Supinatory support
- Rocker Sole (for pain & stiffness of big toes, balls of feet, and/or ankles)
- Steel shank (for painful big toes, mid-foot, and/or ankles)
- Cushioning
 - Heel
 - Metatarsal pads
- Wide Toe Box/avoid seams over bunion or bony prominence (for bunions & Morton neuroma)
- Extra depth (for hammer toes & claw toes)
- Removable insole (to accommodate orthotics)