

## Shoe Fitting Tips

### Overall size

Footwear manufacturers make their shoes on their “ideal” foot model called a “last”. This last may differ even within the company. Overall size, therefore, should focus on the following:

**Heel to toe** The longest toe should be accommodated for with approximately 5mm, or about a pinky finger’s width between the longest toe and the end of the shoe.

**Heel to ball (arch length)** This aspect of fit is often overlooked, but is extremely important. Make sure that the widest part of your foot lines up with the widest part of the shoe (the “flex point”).

**Heel fit** Shoe companies make the heel counters (the hard part that holds the heel) in different widths and back curves. If your heel slips, and the sales person has tried lacing the shoe properly, you may need to try an alternate manufacturer.

**Width** This can be subjective to your overall comfort. Too narrow, and toes will go numb. Too wide, and the foot will not be adequately secure. Specialty shoe stores can measure and fit your foot according to the criteria above.

**Socks** When fitting shoes, be sure to wear the socks you will be using with them. Dress, work and running socks can all be different thicknesses and may result in a difference in fit.

## Recommended Stores

### LONDON AND AREA

#### J. Seigel Footwear

1295 Highbury Avenue N (By Huron), London  
519-452-9994

#### Runner’s Choice

207 Dundas Street, London  
519-672-5928

#### Running Room

620 Richmond Street, London  
519-438-8550

#### New Balance

663 Wonderland Road N, London  
519-473-7070

### SARNIA

#### Ovation Shoes Sarnia

1362 Lambton Mall Road, Sarnia  
519-333-6848

#### The Shoe Box

565 Murphy Road, Sarnia  
519-383-0588

### TORONTO

#### New Balance

(Various locations across GTA; Oakville)  
1510 Yonge Street, Toronto  
416-962-8662

#### The Runners Shop

180 Bloor Street W, Toronto  
416-923-9702



## Athletic Footwear

A Patient Guide to  
Selecting Proper Footwear

## 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

11/12mm	10mm	8/9mm
<b>NB</b> – 880 <b>Asics</b> – Nimbus <b>Brooks</b> – Ghost	<b>NB</b> – 1400 <b>Asics</b> – Cumulus <b>Brooks</b> – Glycerin <b>Nike</b> – Pegasus	<b>NB</b> – 1080 <b>Saucony</b> – Triumph <b>Brooks</b> – Defyance

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

### STABLE NEUTRAL ATHLETIC SHOES

11/12mm	10mm	8/9mm
<b>NB</b> – 990	<b>NB</b> – 840	<b>Saucony</b> – Echelon <b>Brooks</b> – Dyad

**Stability:** Moderate cushion 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

11/12mm	10mm	8/9mm
<b>NB</b> – 940, 860 <b>Brooks</b> – Adrenaline <b>Asics</b> – GT2000, Racer ST	<b>Asics</b> – Kayano <b>Nike</b> – Structure+	<b>NB</b> – 870, 1260 <b>Saucony</b> – Omni, Hurricane, Guide <b>Brooks</b> – Ravenna

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

### MOTION CONTROL ATHLETIC & WALKING SHOES

11/12mm	10mm	8/9mm
<b>NB</b> – 928, 847, 813 <b>Brooks</b> – Addiction	<b>Asics</b> – Foundation, Fortify <b>Brooks</b> – Beast	<b>NB</b> – 1540, 1340

**Court:** Designed with increased lateral support, and an outsole specific to the court type.

### COURT ATHLETIC SHOES

11/12mm	10mm
<b>NB</b> – 996 <b>Asics</b> – Rocket <b>Mizuno</b> – Stealth	<b>NB</b> – 786 <b>Asics</b> – Gel Resolution

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

### CROSS TRAINER ATHLETIC SHOES

11/12mm	8/9mm	6/4mm
<b>NB</b> – 867 <b>Asics</b> – Craze	<b>NB</b> – 1267 <b>Asics</b> – DS Trainer	<b>NB</b> – 822, Vazee Agility

## Why Do I Need a Special Shoe?

Your Canadian Certified Pedorthist has provided this pamphlet to you. Certified Pedorthists have a unique foot care training that involves:

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

Pedorthists are the only trained foot specialists to have such an extensive footwear background.

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 and lifestyle needs.

Custom-made foot orthoses are devices used to help control excessive or improper motions within your footwear. Custom-made foot orthoses only work as well as the shoes they are placed within. This means that while you may see benefit from the orthoses in your current footwear, matching your footwear to your foot type can improve the outcome of wearing the orthoses.

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

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

