

## IS SPECIAL FOOTWEAR REALLY NEEDED?

Your SoleScience Pedorthist has provided this pamphlet to you. Certified Pedorthists have unique footwear training that involves:

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

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, biomechanics and lifestyle needs.

Custom made foot orthotics are devices used to help control excessive or irregular motions of your feet. These devices will only work as well as the footwear they are placed in. While you may experience some benefit from placing the orthotic in your current footwear, making sure that your footwear selection properly matches your foot type is an important step.

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



## COME VISIT THE STORE!

Seigel's by SoleScience offers a wide variety of performance footwear ranging from athletic and casual shoes to sandals and hiking boots. At your assessment, your SoleScience Pedorthist provided you with special footwear recommendations based on your foot type, lower limb mechanics and activity. As footwear specialists, we know that proper footwear selection and fit is essential to maintaining comfort. We'd love to help you find the perfect fit.

## ADDITIONAL SERVICES

- Footwear modifications
- Custom made foot orthotics
- Over-the-counter orthotics
- Foot strengthening exercises/programs
- Compression stockings
- Bracing, splints, non-custom AFO's
- Custom and non-custom toe spacers

Visit [solescience.ca/injury-locator](http://solescience.ca/injury-locator) for more information about how we can help you get back on your feet.

### LONDON AND AREA

Local 519-451-SOLE (7653)  
Toll Free 1-844-337-7653  
[admin@solescience.ca](mailto:admin@solescience.ca)

### SEIGEL'S BY SOLESCIENCE

627 Maitland Street  
London, Ontario  
Phone 519-452-9994  
[shop@solescience.ca](mailto:shop@solescience.ca)

[solescience.ca](http://solescience.ca)

**GETTING PEOPLE BACK  
ON THEIR FEET SINCE 2002**



# FOOTWEAR

Quick information guide

# 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	≤9mm
<b>Brooks</b> – Ghost	<b>Asics</b> – Cumulus, Nimbus <b>Brooks</b> – Glycerin <b>Nike</b> – Pegasus <b>NB</b> – 880, 1400*	<b>Asics</b> – Metaride <b>Hoka</b> – Carbon X, Clifton, Speedboat <b>NB</b> – 1080 <b>Saucony</b> – Kinvara, Ride, Triumph

**Stability:** Moderate cushioning 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	≤9mm
<b>Brooks</b> – Adrenaline GTS	<b>Asics</b> – Kayano, GT 2000 <b>Nike</b> – Structure+ <b>NB</b> – 860, 940	<b>NB</b> – 870 <b>Saucony</b> – Fastwitch*, Guide, Omni

**Court:** Designed with increased lateral support for side-to-side movements and an outsole specific to the court type.

## COURT ATHLETIC SHOES

11/12mm	10mm
<b>Asics</b> – Gel Rocket <b>Mizuno</b> – Stealth <b>NB</b> – 996, 1296	<b>Asics</b> – Gel Resolution <b>NB</b> – 786, 806

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

## STABLE NEUTRAL ATHLETIC SHOES

11/12mm	10mm	≤9mm
<b>NB</b> – 990, 840	<b>Brooks</b> – Dyad	<b>Saucony</b> – Echelon <b>Hoka</b> – Bondi

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

## MOTION CONTROL ATHLETIC & WALKING SHOES

11/12mm	10mm	≤9mm
<b>Brooks</b> – Addiction, Ariel, Beast <b>NB</b> – 813, 847, 928, 1340	<b>NB</b> – 1540	

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

## CROSS TRAINER ATHLETIC SHOES

10mm	8/9mm	6/4mm
<b>Asics</b> – Craze, DS Trainer <b>NB</b> – 857	<b>NB</b> – 1267	<b>NB</b> – FuelCore Agility

*Note: Your Pedorthist will help you determine which shoes are appropriate for your foot type. If you also require a foot orthotic device within your shoes, your Pedorthist will ensure that the shoe choice complements the support from the orthotic device.  
\*NB 1400 & Saucony Fastwitch are racing flats.*

# THE CHARACTERISTICS OF GREAT FOOTWEAR

When recommending footwear to a patient there are a couple of things we always like to see.



- ① Stiff heel counter
- ② Adjustable buckles/velcro/lacing
- ③ Appropriate heel-to-toe drop
- ④ Slight forefoot rocker
- ⑤ Cushioned midsole
- ⑥ Minimal twist/torsion through midsole

# SEASONAL FOOTWEAR & DRESS SUGGESTIONS

We understand that you may not always want/need to be in an athletic shoe, and sometimes you may need to dress up.

Some important aspects to consider when looking for casual, dress and other seasonal footwear include:

- Removable footbed/insole
- Adjustable buckles/velcro/lacing
- Appropriate internal volume
- A stable outsole
- Appropriate heel-to-toe drop