

STEINBERG PODIATRY ASSOCIATES, P.A. SHOE LIST

1. Forget your usual size. Shoes should be comfortable with minimal pressure BEFORE breaking them in. You should be able to wiggle all your toes freely within the shoe. There should be space at the end of the shoes of approximately ½” (one finger) from end of toes to end of shoe.
2. Shoes with REMOVABLE INSOLES allow for padding or arch supports to be added.
WEAR NEW SHOES FOR AT LEAST 2 WEEKS PRIOR TO NEXT APPOINTMENT.
3. Heel spurs do better with a slightly raised heel, such as a jogging/running shoe.
4. If your arches or ankles are weak, high-top, lace-up shoes/hiking boots are helpful.
5. Avoid plastic, vinyl, or nylon materials. Look for breathable, wicking materials. Soft leather walking, running, or athletic shoes easily adapt to the shape of your feet.
6. New shoes should be purchased late in the day since feet may swell during the day.
7. New shoes should be worn for only a few hours at first, inspect your feet for any new irritations.
8. More important than the brand of shoe is the qualities: the sole should not bend in the middle when squeezed from the ends, but rather out by the toes. Lace-up shoes with supportive arch and rounded toe box are best.
9. Wear sport specific shoes: running shoes for running, tennis shoes for tennis, not cross trainers.

Jogging/Running Shoes

Asics - GT2100, GT2090, Gel-cumulus
Evolution, Foundation, Nimbus, Kinsei
Brooks – Trance, Adrenaline, Beast,
Etonic – Pro III, Stable Pro
New Balance – 900-1200 Series
Nike – Air Max, Trail Pegasus, Equalon

Tennis/Walking Shoes

SAS – Free Time, Tour, Me Too
SAS – Time Out, Journey, VTO
Merrell – Hiking shoes/boots
New Balance – 600-800 Series
Rockport – World Tour, Pro-Walker
Soft Spots – Supreme, Marathon

17 th Street Discount Pharmacy	2506 SE 17 th St, Suite B	352-351-3330
Belks	3100 SW College Road	352-237-1200
Bitting's Pharmacy	619 SE 17 th Street	352-732-3666
Crafty Cobbler	2204 E. Silver Springs Blvd	352-369-3338
Dillard's	4414 SW College Rd	352-629-9266
Hanger Prosthetics	1750 SW 1 st Ave	352-351-2788
Lombardo Comfort Shoes	8530 SW Hwy 200	352-854-2292
Mid Florida Prosthetics	2300 SE 17 th Street	352-351-3207
S.A.S. Shoes	College Park Plaza	352-237-8833
S.A.S Shoes	2757 Brownwood Blvd #2005	352-674-0434
Saunders	761 CR 466 Lady Lake	352-259-9749
Shoe Biz	558 US 27/441, Lady Lake	352-561-4879
Sketchers	610 US 441, Lady Lake	352-775-3449

Sandal/House shoe - Vionic Orthaheel-Belks, Merrell Jungle Moc-Dillards, Spenco Kholo Slide Sandal

Socks - Nike socks, Thorlo socks, Cool-Max, Jobst athletic support socks

Arch Supports – 10 seconds 750 or 1000 Rigid Arch Insole / Apex / Dynaflange

Spenco Total Support Max / Superfeet Green / Dr Scholl's Sport or Work

Ankle Brace – Lace up with figure 8 Velcro closure / Active ankle

Websites: www.amazon.com www.zappos.com www.sportsmansguide.com
www.steinbergpodiatry.com