

Guide to Supportive Footwear

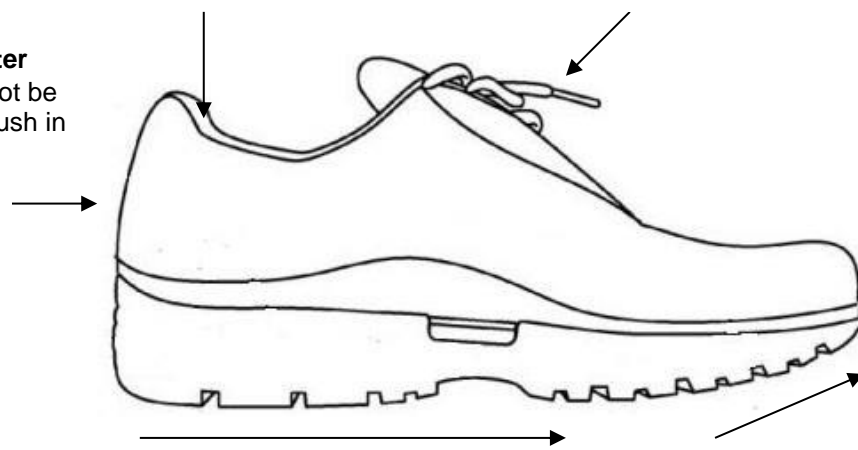
Adequate Depth
Index finger of depth in the back of the shoe

Laces or a Buckle

- To adjust size and pull your foot back into the heel counter

Firm Heel Counter

- Should not be able to push in at all



Stiff Sole

Rocker Sole

- Or flexible where toes bend



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Make sure there is a thumb width between your longest toe and the end of the shoe.

Should be able to wiggle toes in the end of the shoe.

