
Shoe Buying Guide

What to look for in a shoe:

1. Wide and deep toe box
2. Removable insole
3. Firm heel counter
4. Forefoot rocker
5. Tongue that is only attached at the far end of the shoe, not up the sides
6. Heel height of less than 1/2"
7. Shoe that is 1/2 to a full size larger than usual



Tips for buying shoes:

1. Try on shoes at the end of the day
2. Don't assume you are the same size you were previously, feet can change
3. Keep the receipt and box for your shoes if you are unsure if they are appropriate
4. Make sure the shoes are comfortable

Shoe Buying Guide

Stores to Buy Shoes to Fit Your Orthosis (Brace)



Bioped



Walking on a Cloud



Sports Check



Payless



Walmart



Mt. Emey

Brands that Commonly Come in Wide Widths



Shoe Widths

Order of widths from narrow to wide: 2A, A, B, D, 2D, E, 2E, 4E



For kids standard width is "B"

For women a standard width is "B"

For men a standard width is "D"