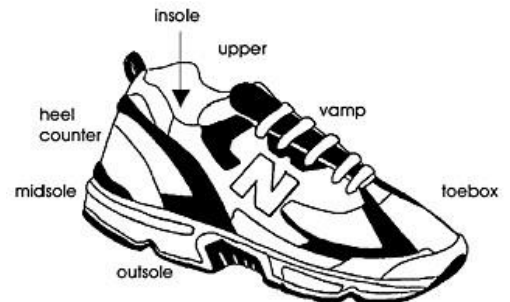




WHAT TO LOOK FOR WHEN BUYING NEW SHOES

1. Shoes should lace up and uppers should be constructed of leather. Name brand shoes that use leather and man-made materials are *usually* OK.
2. The front of the shoe (toe box) should allow adequate space for the toes and forefoot. Shoes should have adequate width and depth. Avoid pointy-toed dress shoes.
3. Shoes should be a ½ inch longer than the longest toe.
4. Shoes should not feel tight across (vamp) the ball of the foot.
5. Ensure the shoe has a good heel counter. Squeeze back of the shoe together, it should be rigid.
6. Soles should be constructed of shock absorbing material.
7. Heels should be ½ - 1 inch high. A higher heel increases stress on the forefoot.
8. Look for adequate instep support and a removable insole so custom orthoses or other modifications may be added.
9. The sole should bend where the foot bends, behind the toes and not in the mid-foot.
10. Try and twist the shoe, it should be firm.



Here are some additional thoughts when buying new footwear:

- ✓ The purpose of good quality footwear is to provide support and protection to the foot.
- ✓ Buy shoes in the afternoon, when your feet are the largest.
- ✓ Your feet may be different sizes, measure both and buy to fit the largest.
- ✓ If you have a pair of custom orthotics, take them with you when buying new shoes.
- ✓ Shoes should be comfortable from the time you first try them on, if they are not, do not buy them.
- ✓ Try wearing a pair of shoes you are thinking of buying for 10-15 minutes in the store prior to making your final decision.
- ✓ The average life expectancy of a pair of running shoes is 1 year. Plan ahead for buying a new pair and budget for it.
- ✓ These guidelines apply to both adult and children's footwear.
- ✓ Inform the sales person of what you are looking for and ask what footwear they suggest.
- ✓ Running shoe manufacturer's make three main categories of running shoes:
 - 1) Cushioned
 - 2) Stability
 - 3) Motion Control - Do not purchase motion control shoes if you are using custom foot orthoses! The orthoses are doing the correction so a neutral runner is best.

If you have any questions, please contact our office.

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Website: www.khager.com Email: reception@khager.com

Examples of quality running shoe brands include: Adidas, Asics, Brooks, New Balance, Nike, and Saucony.

Examples of quality casual shoes include: Birkenstock, BioWalk, Clarks, Dr. Marten's, ECCO, Easy Spirit, Knappe, Mephisto, Merrel, Propet, Rockport, Romika, SAS, Soft Spot Supremes, and Volkswalker.

Examples of comfortable dress shoes include: Rockport, ECCO, Clark's, and Easy Spirit.

Where to find good quality footwear:

STORE NAME	PHONE NUMBER	ADDRESS	CITY
The Tech Shop	780-488-0854	11611 - 104 Avenue	Edmonton
Sole Experience	780-437-7604	10805 – 82 Avenue NW	Edmonton
The Running Room (West)	780-483-1516	6655 - 178 Street	Edmonton
The Running Room (South)	780-450-0129	10012 - 21 Avenue	Edmonton
The Running Room (South)	780-450-0129	8537 - 109 Street	Edmonton
The Running Room (North)	780-460-1102	17 St. Anne Street	St. Albert
The Running Room (East)	780-449-2440	104, 200 Premier Way	Sherwood Park
Kunitz Shoes (West)	780-443-0115	10046 167 Street	Edmonton
Shoe Comfort	780-444-1409	Westgate Shopping Centre 17010 90 Ave NW	Edmonton
Appara Shoes	780-594-3222	5123 50 Avenue	Cold Lake
A OK Family Shoe Center	780-826-2039	5115 50 Avenue	Bonnyville
Magnet Shoes	780-645-3604	4510 50 Street	St. Paul
Sole City Shoes	780-672-8371	4851 50 Street	Camrose

This information is designed as a guideline.

It is in no way fully comprehensive or intended to solicit only the businesses or products named.

Good footwear can be found in most shoe stores. By using common sense and the guidelines provided, you should end up with a comfortable, quality pair of shoes.



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