

## GENERAL GUIDELINES

It is very important to buy supportive shoes. Many foot and ankle problems are caused by poor shoe wear. Here are a few simple guidelines to follow when selecting an athletic shoe:

- ◆ Find a store that specializes in athletic shoes and has a good reputation.
- ◆ Have your feet measured each time you purchase shoes. Our feet gradually change as we get older. You'll also find that size will vary from one manufacturer to another.
- ◆ Be sure there is a fingers width between your longest toe and the end of the shoe.
- ◆ **Bring your socks and orthotics!**
- ◆ Torsional and Flexion stability are features to look for in a shoe. They assist in lessening the impact of excessive instability and help those with plantar fasciitis.



## TEXAS FOOT & ANKLE CENTER



John M. Crates, MD



Solomon H. Chaim, MD



Dean L. Moore, DPM



## Athletic Shoe Guidelines

John M. Crates, MD  
Solomon H. Chaim, MD  
Dean L. Moore, DPM

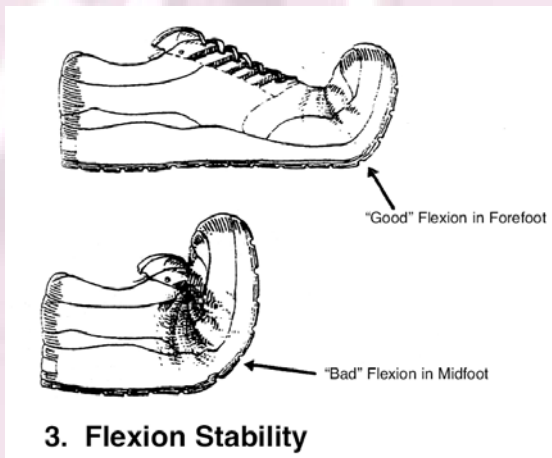
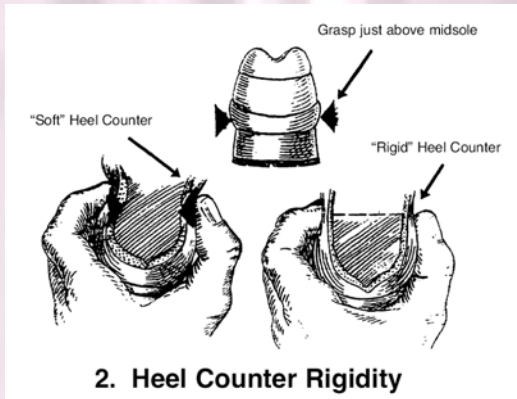


5228 W Plano Pkwy ♦ Plano, TX 75093

972.250.5700

[www.posmc.com](http://www.posmc.com)

## SHOE TEST



## NEUTRAL CUSHION

### Street Running

#### Asics:

Nimbus, Cumulus, GT-2140,  
Kayano, Gel-1140



Nimbus

#### Merrell:

ST-Stature, CT Converge



ST-Stature

#### Saucony:

ProGrid Triumph-6



ProGrid Triumph-6

### Trail Running

#### Salomon:

XA Comp-3, XT Wings,  
XA Pro 3D Ultra,  
Speedcross-2



XA Comp-3

#### North Face:

Ultra 104, Rucky  
Chucky, Aruva 50



Ultra 104

#### Montrail:

Mountain Masochist,  
Hardrock



Mountain Masochist

#### Shoes to Avoid:

Nike Air, Nike Air Shocks

## RECOMMENDED VENDORS

### New Balance Frisco (dress casual available)

8300 Gaylord Parkway, Suite 4

Frisco, TX 75034

214.821.4442

[www.newbalancedfw.com](http://www.newbalancedfw.com)

### Run On!

1469 W. Campbell

Richardson, TX 75020

972.231.8260

[www.runontexas.com](http://www.runontexas.com)

### REI

242 Preston Road

Plano, TX 75093

972.985.2241

[www.rei.com](http://www.rei.com)

### Luke's Locker

5717 Legacy Rd Suite 180

Plano, TX 75093

972.398.8660

[www.lukeslocker.com](http://www.lukeslocker.com)

### Nordstrom (dress casual available)

Stonebriar Centre

2613 Preston Rd

Frisco, TX 75093

972.712.3794

Ask for Allison Spinella

[www.zappos.com](http://www.zappos.com)

[www.shoes.com](http://www.shoes.com)

[www.joesnewbalanceoutlet.com](http://www.joesnewbalanceoutlet.com)