

# COMFORT SHOES

*"The patient is the best judge of what constitutes a comfortable shoe."*

The following are some characteristics that are typically associated with a comfortable shoe:

## **1. Stiff Sole**

A stiff sole minimizes excessive loading through the forefoot or midfoot. They distribute the load of weight evenly to the entire sole. The opposite of this would be a highly flexible sole (ex. a slipper) which tends to disproportionately load certain areas of the foot. Stiff sole shoes are recommended in the recovery from mid or forefoot fractures when patient does not need a cam boot and usually helps a more comfortable transition to a normal regular shoe.

## **2. Rocker Bottom Shoe or Shape up Shoe**

A smooth, slightly rounded contour to the sole of the shoe on the front will allow more even dispersion of force through the foot as it moves from heel strike to toe off. Most sporty shoe brands are rocker bottom on the front and this makes toe off or sprinting easier.

## **3. Wide Toe box**

In general the front of the shoe should have enough space to accommodate the front of the foot without requiring it to be squished. This is generally advised in patients dealing with bunion and hammer toes and will allow them to have enough room and not increase the chance of skin pressure ulcer.

## **4. Soft, Comfortable Uppers**

The material making up the upper part of the shoe, particularly that covering the toes, and midfoot should be soft and somewhat flexible with extra padding (ex. soft leather). This is much easier in lace up shoes since they can be adjusted with tightness of the lace. In general patients with midfoot arthritis with bone spur like the idea of extra padding giving them comfort on their pressure points.

## **5. Soft, Comfortable Insert**

The bed that the foot rests on should be soft and accommodate to the foot. It may be necessary to buy a comfortable "over-the-counter" orthotic to replace the existing shoe insert.

### **Comfortable Shoes - Possibilities**

(Stiff Sole, Rocker bottom, Comfortable Uppers)

- Aetrex
- Aravon
- Brooks
- Dansko
- Hoka
- Hiking Boots (various brands)
- MBT
- Merrell
- Naturalizers
- New Balance
- Propet
- Rockport/Dr essport
- Romika
- Sanita
- Sketchers
- "WalkFit" Rebok
- Walky
- Z-Coil

### **Local shoe stores:**

(Over-the-counter orthotics and comfortable shoes)

- Shoes-N-Feet  
2398 Lombard Street  
SF, CA 94123  
(415) 931-2400  
www.shoesnfeet.com
- On the Run  
1310 Ninth Ave  
SF, CA 94122  
(415) 682-2042  
www.ontherunshoes.com

- The Walking Company  
865 Market St # 302  
San Francisco, CA  
94103  
(415) 348-9255  
[www.thewalkingcompany.com](http://www.thewalkingcompany.com)
- Ria's Shoes  
301 Grant Ave  
San Francisco, CA  
94108  
(415) 834-1420  
[www.unionsquashop.com](http://www.unionsquashop.com)