SHOE RECOMMENDATIONS

We know that finding shoes to fit your orthotics can be a difficult task. Here are a list of recommended shoes and footwear that are will work well with your orthoses.

Exercise Walking / Running
Aetrex Rx Runner
Altra Provision Olympus
Asics Gel Foundation Kayano
Brooks Addiction Adrenaline Ariel* Beast* Vapor
Hoka Bondi Gaviota Stinson
New Balance 860 990 1012* 1260 1540*
Nike Structure Triax
Saucony Grid Stabil Hurricane Omni

Walking
Aetrex All Walkers
Brooks Addiction Walker (Leather)*
Dunham All Walkers
Hoka Bondi Leather
New Balance Postal 706 813 847 928*
SAS Time Out(m) Free Time(w)
Saucony ProGrid

Trail Running / Light Hiking
Asics GT-2000
Brooks Adrenaline Cascadia
Hoka Sky Kaha Sky Toa
Keen Targhee II (2)
Merrell Chameleon Moab
New Balance 852 978 1210
Oboz Sawtooth

Cross Trainers / Aerobics
Adidas Barricade
Asics Gel-Resolution
K-Swiss Bigshot Light
New Balance 768 1296
Nike Resistance Vapor Zoom
Prince T-22

Basketball
Adidas
Kyrie Zoom
Dame
Nike

Rocker-Soled Shoes
Alegria
Dansko
Hoka

Dress Shoes - Women
Aetrex
Aravon
Ariat
Bared
Beautifeel
Blend

Dress Shoes - Men
Aetrex
Allen Edmonds
Ascent
Bared
Cambrian
Dansko
Dunham
Ecco
Kloud
Naot
Rockport

Sandals
Aetrex Sandalistas
Abeo Dansko
Ariat

Clogs and Slippers
Nontraditional slippers for support and comfort
Aetrex Krista
Alegria
Finn Comfort Orb
Haflinger Clogs

Shoe Stores in Sydney
Sizeable Shoes
Royal Randwick Shopping Centre
44/73-109 Belmore Rd, Randwick NSW 203
Phone: (02) 9314 5444
FRANKiE4 Footwear
686 Military Rd, Mosman NSW 2088
Phone: (02) 9960 3765
The Athlete's Foot Eastgardens
Westfield Eastgardens
210/132-150 Bunnerong Rd, Eastgardens NSW 2036
Phone: (02) 9349 7769
Peter Sheppard Footwear
Address: 4/188 PittSt, Sydney NSW 2000
Forbes Footwear
Address: 153 Pacific Hwy, Hornsby NSW 2077
Phone: (02) 9477 1613

Wearing proper shoes is an important part of orthotic therapy. Always remove the shoe insole before inserting orthotics.