

NOTE:

Shoes on this list have the following features:

- ♦ Anti-pronation
- ♦ Torsional Stability
- ♦ Removable Insole
- ♦ Firm Heel Counter
- ♦ Firm Medial Midsole

Exercise Walking / Running

New Balance: 1540* 1012* 587* 993 1260 940
Asics Gel: Evolution Foundation Evolution
Etonic: Stable Pro
Brooks: Beast* / Ariel* Addiction Adrenaline Vapor
Saucony: Grid Stabil* Omni Hurricane
Adidas: Adistar Control Supernova Sequense
Mizuno: Renegade
Aetrex: Rhino Runner Boss Runner

Walking: www.FootAnkleStore.com

Rockport: Pro Walker DMX
New Balance: 927 812 846 1004, 956 978
Brooks: Addiction Walker (Leather)
Saucony: Grid Stabil
Aetrex: all walkers
Orthofeet: Multiple models. See at www.FootAnkleStore.com

Trail Run / Walking / Light Hiking

Merrill: Chameleon Refuge
Brooks: Adrenaline ASR
Montrail: Hardrock* Hurricane Ridge

Cross Trainers / Tennis

K-Swiss: Difer-miSOLE Stabilor
Nike: Court Ballistic
New Balance: 871 856 1004 (tennis)
Adidas: Response Competition

Basketball

Nike Air: Soldier Max Hyperdunk
Adidas: Howard
New Balance: 891 907

Sandals ^can accept a custom orthotic

♦ Naot^ ♦ Finn Comfort^ ♦ Dansko Cambrian^ ♦ Kumfs^
 ♦ Aetrex Sandalistas^ ♦ Birkenstock if removable insole
 ♦ Orthaheel Flip-flops / Sandals www.FootAnkle.com/flip_flops.htm

*Maximum Control

Dress Shoes—Women : Flats, Clogs, Casual

♦ Rockport ♦ Aetrex ♦ Ariat ♦ Dansko ♦ Kumfs
 ♦ Wolky ♦ Munro ♦ Sanita ♦ Nickels ♦ Aravon
 ♦ Naot ♦ Dunham ♦ Sudini ♦ Salamander ♦ Theresia
 ♦ *Healthy fashion shoes can be found at www.LuckyGirlShoes.com*

Dress Shoes—Men:

♦ Rockport ♦ Hush Puppies ♦ Neil M. ♦ Dansko ♦ Kumfs
 ♦ Dunham ♦ Timberland ♦ Ecco ♦ Allen Edmonds
 ♦ Naot ♦ Cole-Haan ♦ Aetrex Orthofeet (www.FootAnkleStore.com)

Extra Depth

Apex: Aetrex PW Minor Acor Sequoia Orthofeet Drew
Comfortrite (*Depth shoes in Seattle at SHOES-n-FEET, Wide Shoes, Chicks*)

Rocker Soles: www.FootAnkle.com/Rockersole-Shoes.htm

Cogent* Ryn* Dansko*^ Sketcher Shape-ups MBT
 *Denotes most stable. ^Forefoot rocker only

Slippers: www.FootAnkle.com/Womens-Slippers.htm

Cros Haflinger Daniel Green Clogs Merrill Slides Stegmann
 Orthaheel Slippers: www.footankle.com/Womens-Slippers.htm

Socks—avoid cotton socks www.FootAnkleStore.com

Juzo Silver Thor-Lo Cool-Max Smartwool Jobst WrightSock

Insoles: To go under orthotic after removing sockliner

Dr. Scholls: Air Pillow Insole **Spenco:** Flat Insole SofSole

OTC Arch Supports: www.FootAnkle.com/off-the-shelf.htm

ProLab P3 Prefab (Available in clinic and at Shoes-n-Feet)
PowerStep Medical Grade (Avail at www.FootAnkle.com/off-the-shelf.htm)
Superfeet Green (Available at stores below and online)
Spenco: Orthotic Arch Support Polysorb (Pharmacies, shoe stores)
Diabetic Insoles: Apex AntiShox In-Step Tri-layer (shoe stores below)

<h2>Shoe Stores</h2> <p><i>Note: The shoe stores on this list are retailers with whom we have had positive experiences. There are other quality shoe stores in the region. Any shoe retailer who is interested in being listed is invited to call our office for an appointment to meet with Dr. Huppín and Dr. Hale.</i></p>	SHOES-n-FEET: Seattle Fremont: 34th and Stone Shoreline: Ballanger Way Bellevue: 148th / Main Federal Way: Pacific Hiway Tacoma: Tacoma Mall Blvd Everett: Everett Mall Way www.shoesnfeet.com	Super Jock n Jill: Greenlake Sound Sports: 80 Madison Woolly Mammoth: Univ. Ave Wide Shoes Shoreline, Factoria	Chicks: Mercer Island Market St Shoes REI (for hiking boots)
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Foot & Ankle Center of Washington
 600 Broadway, Suite 220
 Seattle, Washington 98122
 (206) 344 3808

TO MY PATIENTS

FROM: Larry Huppín, DPM

We have found the stores on this list to offer educated service and carry stable, healthy shoes—you will receive great service at any of the stores listed. In the interest of full disclosure I want to inform you that I have a financial interest in Shoes-N-Feet Shoe Centers where I act as the medical director and have a small percentage of ownership. My partner in my medical practice, Dr. Douglas Hale, has no interest in Shoes-N-Feet or any other shoe store. If you have questions, please contact me.

Douglas S. Hale, D.P.M.

Lawrence Z. Huppín, D.P.M.

To receive automatic updates of this list, register at
www.FootAnkle.com