

SHOE STORES

We do not exclusively endorse or recommend any particular supplier or brand.

Walking / Casual Shoes / Sandals - brands listed are only suggestions, as availability may change

| | | | |
|----------------------|--------------------------------------|----------------------|--------------|
| SAS Comfort Shoes | SAS | 2950 Douglas St. | 250-382-7463 |
| A Stable Way of Life | Naot, Romika, Joseph Seibel, Revere | 123-5325 Cordova Bay | 250-658-3052 |
| Ronson's Shoes | Atrex, Mephisto, Biotime, Alegria | Hillside Mall | 778-256-8211 |
| Footloose | Dansko, Naot, Wolky, | 637 Fort St. | 250-383-4040 |
| A Step Ahead | Reiker, Naot, Joseph Seibel, Alegria | Uptown Mall | 250-361-1218 |
| The Cobbler | Naot, Wolky, Blundstones | 718 View St. | 250-386-3741 |
| Heart & Sole | el Naturalista, Wolky | 1023 Fort St. | 250-920-7653 |
| Walk in Comfort | Clarks, Kubo, Portifino | 731 Fort St. | 250-388-9910 |
| Lady Mae Uniforms | Klogs, Springstep, Alegria, Dansko | 1815 Douglas St. | 250-383-3342 |
| NOMAD Footwear | Aravon, Rockport, Dunham | 1205 Government St | 778-265-0650 |

Sidney Stores

| | | | |
|-------------------|------------------------------------|---------------------|--------------|
| Hypersport Active | New Balance, Brooks, Asics, Propet | 2443 Beacon Ave | 250-656-6161 |
| Island Shoe Place | Ecco, Joseph Seibel, Wolky | 2378 Beacon Ave | 250-656-5822 |
| Waterlily | Naot, Vionic, Blundstones, Dankso | 101-2537 Beacon Ave | 250-656-5606 |

Sports and Walking

| | | | |
|--------------|------------------------------------|----------------------|--------------|
| Frontrunners | New Balance, Brooks, Asics, Hoka | 1200 Vancouver St. | 250-382-8181 |
| 2:18RUN | Saucony, New Balance, Nike, Adidas | 1576 Fairfield Rd. | 250-595-2378 |
| New Balance | New Balance | 1205 Government St. | 250-382-9327 |
| Running Room | Asics, Saucony, New Balance, Nike | 305-777 Royal Oak Dr | 250-881-1051 |

Work Boots and Hiking

| | | | |
|--------------------|---|--------------------------------|--------------|
| Viberg Boot (CSA) | Viberg | 601 Boleskin Rd | 250-384-1231 |
| Robinson's Outdoor | Salomon, Mammut, Keen, Asolo, Chaco, Teva | 1307 Broad St. | 250-385-3429 |
| MEC | Columbia, Keen, Merrell, Salomon, Vasque | 1450 Government St. | 250-386-2667 |
| ONO Work & Safety | JB Goodhue, Kodiak, Redwing | 6481 Portsmouth Rd, Nanaimo | 250-390-455 |

Slippers

| | | | |
|----------------------|--------------------------------|---------------------|--------------|
| Heart Pharmacy | Foamtreads | 3643 Shelbourne Ave | 250-477-1881 |
| Queen Alexandra | Wound Shoe, Gentlestep, Pedors | 2400 Arbutus Rd. | 250-519-6732 |
| Wellwise by Shoppers | Sheepskin, Other Devices | 1561 Hillside Ave | 250-370-2984 |

SPECIFIC SHOE MODEL RECOMMENDATIONS: _____

Queen Alexandra

Orthotics • Prosthetics • Seating



Queen Alexandra Orthotics, Prosthetics & Seating

Fisher Building

2400 Arbutus Road
Victoria, BC V8N 1V7

Phone: (250) 519-6732

Fax: (250) 519-6915

FOOTWEAR GUIDELINES

Queen Alexandra

Orthotics • Prosthetics • Seating



SHOE FEATURES CHECKLIST:

Depending on your foot structure and individual needs, there may be other features you require in your footwear.

- **Extra Depth** - look for shoes with extra thick removable liners.
- **Wide forefoot** - choosing shoes which are rounded and wide at the toe – avoiding any tapering of the toe box.
- **Rocker Sole** - look for a shoe with a stiff outsole that curves upwards from the ball of the foot.
- **Straight Last** - the shape of the shoe can be either curved or straight. It should match the shape of your foot. Check this by placing your feet on the insoles.
- **Avoid seams surrounding the toe box** - seams can cause significant irritation. Multiple seams can make stretching the shoe difficult.
- **Stretchable Upper Materials** - some footwear have a special stretchable material to accommodate small deformities. Some brands which do are: Xtensible, Pedors and Comfortrite.
- **Durable Outsole** - look for outsoles which are made from a harder material— soft, spongy outsoles will wear significantly sooner.
- **Wide Outsole** - turn the shoe over and look for wide base on the bottom of the shoe. This will increase stability and improve balance.

CORRECT FITTING OF FOOT-

As most people can attest to, finding the right size and fit for footwear can be challenging. Traditionally, many individuals are wearing shoes either too short and/or narrow. This common shoe fitting error is repeatedly responsible for many foot pain complaints.

ADVICE FOR SHOE SHOPPING

Shop towards the latter part of the day, preferably after you have spent time on your feet. Feet naturally swell as the day progresses, increasing in both length and width.

If you wear orthotic devices, bring them with you. You may require a different size of shoe to accommodate the foot orthoses.

A simple test to assess the size of the shoe is to remove the liner and stand on it— your foot should not hang off the liner. If it does the shoe is too narrow and/or too short. Your foot should mirror the shape of the liner. There should be a finger width of room between the end of the longest toe and the end of the liner.

Most of us have one foot which is larger than the other, so fit your shoes to the larger foot.

Wear the socks that you typically wear when you are looking to purchase footwear.

Walk in the shoes to make sure that they fit and feel right. Take them home and spend some time walking indoors to make sure the fit is comfortable. Most stores allow for the return of shoes over a certain period of time as long as the shoe are NOT worn outside.

There is NO standardization in shoe sizes, even within the same brand. It is important to select your shoes based upon the fit, not the size marked on the inside of the shoe.

Before trying on shoes, run your hand through the insides to check for rough or sharp seams. This is particularly important for diabetic feet which may not be able to feel these edges.

The size of your feet changes as you grow older. So it is always a good idea to have your feet re-measured before buying new shoes.

Don't buy shoes that feel too tight and expect them to stretch. If it is too tight—it is too small.

FOOTWEAR GUIDELINES

The footwear you chose to wear can have a significant impact on your foot health. Proper fitting and appropriate footwear can alleviate many common foot pain complaints.

FEATURES OF SUPPORTIVE FOOTWEAR

Quickly test these 4 main features before trying on the shoe – if it fails to meet two of more of the requirements look for a different shoe.

FIRM HEEL COUNTER - The area surrounding the heel part of the upper is called the heel counter. It should be firm and resist when pushed by the thumb.

TORSIONAL STABILITY - Hold onto the shoe at the heel and toes twisting the sole of the shoe. It should twist minimally if at all.

REMOVABLE LINER - this is especially important if you have full length foot orthoses as it allows for substitution of the liner with the orthoses.

CLOSURES - whether it is laces, straps or buckles, it is advisable to have some form of closure. This will allow you to fine tune the fit and tension holding the shoe on your foot.