UCHealth Cherry Creek Medical Center

Shoe-wear Recommendations

List of recommended shoes for patients with various foot and ankle issues

In General, we recommend *supportive* shoes that feel comfortable to you. Rigid shoes protect movement of the foot.

Always check each individual shoe prior to purchase.

- **Cross Trainer Tennis Shoes-** supportive athletic shoes
  - New Balance, Saucony, Salomon, Adidas Terex 425, Brooks
- **Rocker Bottom Shoes-** These do some of the work of walking for you in order to take pressure/strain off the foot and ankle.
  - Hoka, Altra, New Balance Fresh Foam/928, Sketchers Shape Up, Clark's Eve Trek, Kuru Chicane (good for trails and hiking), Alegria (sandals), Topo
- **Hiking Shoes**
  - Saloman, Vasque, Salewa, La Sportiva, Asolo, Keen, High Top Hokas
- **Bunion or 1st toe pain**
  - Dansko, Alegria by PG lite
- **Insoles-** In general we recommend trying over-the-counter inserts before expensive custom orthotics. Start with a cushioned, full length insole.
  - Spenco, Powerstep, Dr. Scholl's, Superfeet, Redi-Thotics Flex, SOLE, Currex
- **Recovery Shoe**
  - Oofos Sandals/Shoes

Online Resources with options for good business, dress, and comfortable shoes

-Rockport (http://www.rockport.com)

-SAS (http://www.sasshoes.com)

-Wolky Shoes (http://wolky.com)

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