



# **West Campus Foot & Ankle Clinic**

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## **SHOE RECOMMENDATION**

**The shoe needs to support the foot.** The shoe should be rigid both in the heel and the lace area. There should be minimal to no motion with side to side movement.

This list also applies to children's shoes as well.

### **RUNNING/WALKING SHOES**

New Balance (Higher the number the better the shoe)

Saucony

Brooks

Asics

Sketchers

### **DRESS SHOES**

BASS

EASY SPIRIT

MERRELL

SAS (San Antonio Shoe Company)

### **BOOTS**

MERRELL

TIMBERLANE

REDWING