

Nicholas Abidi, M. D.

Shoe Recommendations

The shape and size of your feet are very important. Whether for daily walking or demanding sports; comfort and function are the key words. A proper fitting shoe is well worth the investment. In the past, society has dictated fashion over function. Poorly fitting shoes contribute to many foot problems. This list will change and has the current choices of shape, design, proper toe depth, wide forefoot, proper instep, proper heel width and curve, proper support (stiff sole with padded upper deck), shock absorption, or rocker bottom sole. 3D printing has improved fit and functionality. New manufacturing techniques permit shoes to move and expand with your stride while making them lighter and more durable. Designers have utilized materials that improve shock absorption while increasing energy return in each stride. Investing in new shoe technology may decrease injuries to your spine and lower extremities.

Athletic/Recreational Shoes

NEUTRAL SHOES – CAVUS FOOT / HIGH ARCH

Brooks – Ghost 17, Glycerin 22

New Balance – 880v15, **1080**

Hoka – Bondi 9, Clifton 10

Asics – Gel-Nimbus 28, Gel-Cumulus 28

Saucony – Ride 19, Triumph 23



STABILITY SHOES – PES PLANUS / FLAT FOOT

Brooks – **Adrenaline GTS 25**

New Balance – 860v15

Hoka – Arahi 8

Asics – Gel-Kayano 32, GT-2000 14

Saucony – Guide 18, Tempus 2



MOTION CONTROL SHOES – FLAT FOOT

Brooks – Beast GTS, **Ariel GTS**

New Balance – Fresh Foam X 1540v3

Hoka – Gaviota 6

Saucony – Omni



WOMEN'S DRESS / FORMAL SHOES (STIFF SOLED & ROCKER BOTTOM)

Dansko

Naot

Oofos / Crocs

Aetrex



MEN'S DRESS / FORMAL SHOES

Samuel Hubbard

Allen Edmunds

Johnston and Murphy

Wolverine – Steel toes shoe with steel shank



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Santa Cruz Area Shoe Locations

| | |
|--|---|
| Beck's Shoes www.beckshoes.com *Aetrex | 4105 Portola Dr, Santa Cruz, CA 95062 (831) 600-8257 |
| Fleet Feet Aptos www.fleetfeetapto.com | 7960 Soquel Dr Suite I, Aptos, CA 95003 (831) 708-6919 |
| Fleet Feet Monterey www.fleetfeetmonterey.com | 472 Alvarado St, Monterey, CA 93940 (831) 477-9177 |
| Santa Cruz Running Company www.santacruzrunningcompany.com | 1664 Soquel Drive, Santa Cruz, CA 95065 (831) 462-8228 |
| Sockshop & Shoe Company www.sockshopandshoeco.com | 1515 Pacific Ave, Santa Cruz, CA 95060 (831) 429-6101 |
| Hedi's Shoes | Ocean Ave, Carmel-By-The-Sea, CA 93921 (831) 624-5580 3630 The Barnyard, Carmel, CA 93923 (831) 583-8000 |

San Jose Area Shoe Locations

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|--|---|
| Beck's Shoes www.beckshoes.com *Aetrex | 3691 Union Ave, San Jose, CA 95124 (408) 377-5771 660 Blossom Hill Rd, San Jose, CA 95123 (408) 578-2412 |
| Fleet Feet Menlo Park www.fleetfeetmenlopark.com | 859 Santa Cruz Ave, Menlo Park, CA 94025 (650) 325-9432 |
| Footwear Etc. www.footwearetc.com | 1177 Lincoln Ave, San Jose, CA 95125 (408) 998-1122 |
| Sports Basement Campbell www.sportsbasement.com | 1875 S Bascom Ave Suite 240, Campbell, CA 95008 (408) 899-5783 |



Lynco Foot Orthotics
Aetrex.com
Don Joy Arch Rivals



Varied Styles of Gel Sleeves
Bauerfeind.com or Silipos.com



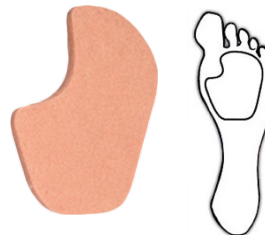
TheraBand Foot Roller



2-toe Budin Splint
Pedifix.com



Gel Toe Spacer
Pedifix.com



Dancer's Pad
Hapad.com



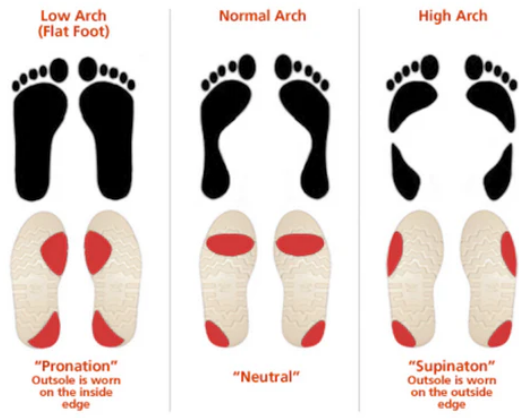
Metatarsal Pad
Hapad.com



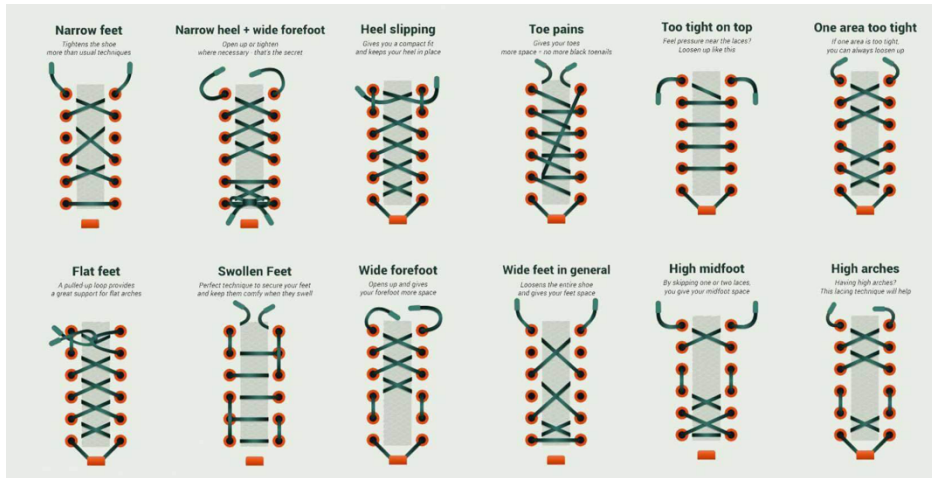
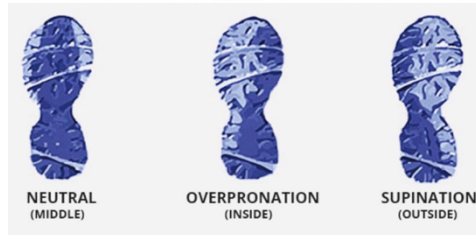
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Foot Appliance

Comparison of Running Shoe Styles, Foot Strike Patterns, and Lacing Techniques



Foot Pressure Patterns



<https://shop-recovery.net/Abidi>
Splints, spacers, foot pads, and more available for purchase here