

INJURY PREVENTION: THE RIGHT SHOE FOR YOU

WALKING CAN BE DANGEROUS WITHOUT THE RIGHT SHOE



A: Heel counter

B: Midsole

C: Last (underside of the shoe)

D: Toe-box

PARTS OF YOUR SHOE

1. Heel counter: stiffness
2. Midsole: thickness
3. Last: straightness
4. Toe-box: width and ability to bend

TYPES OF FOOT ARCHES

1. Medium (average type)
2. High
3. Low

WHAT FEATURES MATCH YOUR FOOT ARCH

MEDIUM ARCH:

1. **Heel counter:** Moderately stiff
2. **Midsole:** Moderately thick
3. **Last:** Moderately curved
4. **Toe box:** Wide enough for the foot and bend behind the toes

HIGH ARCH:

1. **Heel counter:** Mobile
2. **Midsole:** Thin and cushy
3. **Last:** Curved
4. **Toe box:** Wide enough for the foot and bend behind the toes

LOW ARCH:

1. **Heel counter:** Stiff
2. **Midsole:** Thick
3. **Last:** Straight
4. **Toe box:** Wide enough for the foot and bend behind the toes



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