



We recommend comfortable shoes with cushioned soles with wide toe boxes and low heels. The following list is not exhaustive, but offers several suggested models that many patients have used successfully. (We do not receive any compensation from shoe manufacturers)

1. New Balance: models 928,840, 847, 1540
2. Brooks: "Beast" model (for males), "Ariel" model (for females), Ghost Max
3. Saucony Echelon
4. Hoka sneakers
5. Propet(such as Stability, Ultra series)
6. Xelero(such as Genesis series or Steadfast)
7. Oofos (may assist with plantar fascia discomfort)
8. Birkenstock sandals
9. Naot
10. Volatile
11. Teva Hurricane (or similar)