

PodiatryCare, P.C. *and the* Heel Pain Center

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Certified Wound Care Specialist

WALKING SHOES

Nike Air New Balance Saucony

RUNNING SHOES

Nike Air New Balance Asics Gel
Saucony Brooks

SHOES AVAILABLE AT:

New Balance Store; Evergreen Walk South Windsor (860) 648-2141
Bob's Stores - Multiple locations
FootPrints of Newington; (860) 666-3100
Footbeats Stride Rite of Enfield; (860) 745-2009

EXTRA DEPTH SHOES: P.W. Minor, SAS

Stores carrying specialty shoes:
FootPrints of Newington; (860) 666-3100
Footbeats (860) 745-2009 (P.W. Minor)

SHOE TIPS:

1. Always try several different shoe makers.
2. Try shoes on towards the end of the day.
3. Shoes should feel comfortable at the time you try them on.
4. Gradually break shoes in to allow feet to adjust.
ie: one hour the first day, increasing an hour each day after.
5. Either walking or running shoes should have removable innersoles to accommodate an over-the-counter type of arch support or prescription orthotic.
6. Make sure the store you purchase these shoes at has a return policy.