

# Recommended Shoes

Daniel Hoopes MD, Orthopedic Surgeon

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	Foot Shape	Cushion	Dressier Styles	Price	Notes	Local Availability
Altra	★★★★★	Variable	<input type="checkbox"/>	\$\$\$	Possibly best shoe overall and addresses most foot problems. Many different models/colors.	Runner's Corner Outlet at Traverse Mountain
Topo Athletic	★★★★★	Variable	<input type="checkbox"/>	\$\$\$	Look and feel more like athletic shoes you're used to	Runner's Corner
Lems	★★★★	Minimal	<input checked="" type="checkbox"/>	Casual	\$\$\$	Some models have a wider toe box than others, try various
Oofos	★★★★	Lots	<input type="checkbox"/>	\$\$	Cushy, soft, flexible upper	Runner's Corner
Vibram Five Fingers	★★★★★	Minimal	<input type="checkbox"/>	\$\$\$	Funny-looking, but very good for your foot	Runner's Corner
Xero Shoes	★★★★★	None	<input checked="" type="checkbox"/>	Casual	\$\$	Very minimal shoe, some even use for court sports
Reebok Crossfit Nano	★★★★	Medium	<input type="checkbox"/>	\$\$\$		Call local sporting goods stores
Vivobarefoot	★★★★	None	<input checked="" type="checkbox"/>	Yes	\$\$\$\$	Best dress shoe options, especially for women
Sanuk	★★★	Some	<input checked="" type="checkbox"/>	Casual	\$\$	
Nike Metcon, Free 4.0 or Air Jordan Eclipse	★★★ ★	Medium Medium	<input type="checkbox"/>	\$\$\$ \$\$\$	Metcon is a great court-sport shoe. Nike usually makes shoes with narrow toe boxes, these are rare exceptions.	Call local sporting goods stores
Splay Shoes	★★★★★	Minimal	<input checked="" type="checkbox"/>	Casual	\$	One of the best anatomic shaped toe boxes
Whitin / Hobibear Shoes	★★★★★	Medium	<input type="checkbox"/>		\$	Free shipping, excellent shoe, not the most durable
Keen	★★★	Yes	<input checked="" type="checkbox"/>	Casual	\$\$\$	Sometimes too heavy/bulky, <b>Steel toe options</b>
Crocs (Clogs only)	★★★★	Yes	<input type="checkbox"/>		\$\$	Only clogs, unfortunately
<i>Kids Shoes:</i> Plae	★★★★	None (Good!)	<input checked="" type="checkbox"/>		\$\$	Kids only
Splay Shoes	★★★★★	Minimal	<input checked="" type="checkbox"/>		\$\$	One of the best anatomic shaped toe boxes

More complete and updated list on my web site at:

[hoopesmd.com](http://hoopesmd.com)

“Treatments” tab → “Recommended Shoe List”

There, you will find links to all of the above shoes and the specific models recommended. Note: I make NO money from the sale of shoes on this list.

Women's shoes: See AnyasReviews.com



## Shoe Recommendations for \_\_\_\_\_

Discount at Runner's Corner and Altra Outlet:  10% off  Help trim Type 3 insert to “Altra/Topo” shape (keep width)  
 Foot-shaped shoe that doesn't interfere with normal foot function  Compression Socks  
 **Taller cushioning** to even-out height with plastic boot  
**Cushioning:**  Any  Minimum  Light  Moderate  Max  
 Other Notes: \_\_\_\_\_  
**Hindfoot support:**  Any  None  Some  Moderate  Highest

Signature:

  
Daniel M. Hoopes MD

NPI: 1255505582

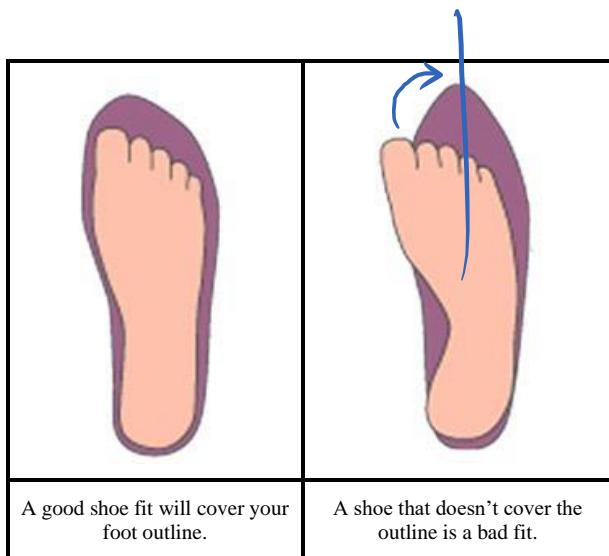
Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Runner's  
Corner  
(Near Costco gas)

835 S 700 E  
Orem, UT 84097  
801-223-7010

# What to Look For In a Shoe

Daniel Hoopes MD



Altra® Foot-Shaped

Traditional Shoe

## Most shoes are not shaped like feet

The best shoes are no shoes. However, if you're going to wear shoes, you want shoes that don't interfere with the normal function of the human foot. The majority of shoes (probably 99%) are not shaped like the human foot. They're actually shaped more like a human hand, which tapers towards the center, with the middle digit being the longest. But there's a reason the big toe is called the big toe. It's because that toe is usually the longest and that part of the foot is pretty much square with that side of the foot. There is no gradual taper towards the middle, as the majority of shoes would have you believe. The best shoe will allow the toes to spread out naturally and "do their thing." The foot has amazing capabilities, but these are usually ignored and the foot is relegated to function more like a unified "hoof" rather than utilize its impressive ability to accommodate, react, and propel in the miracle of human movement.

All "prescription shoes" (grandma shoes, diabetic shoes, etc) have a bad shape and squeeze the toes together. This is especially egregious since these patients will often get pressure sores or other catastrophic problems when the toes are constrained in any way. Shoes with a shape based on the human foot are much healthier than any "prescription shoe" I have ever seen. That is why I always recommend that my patients with sensation problems like diabetic neuropathy or similar issues should be in a shoe with a natural foot shape and a wider toe box.

## Why do shoes have heels?

Another common problem with most shoes is the heel. And I'm not talking about "high heels." Even the seemingly harmless increased height of a typical athletic shoe can have serious negative effects on physiology and mechanics. Why do shoes have heels? I have asked this question of many patients and professionals and the most common response is a pensive look. Another common response is that it is just style and people are used to them. This might be true, but as a medical professional, I have to base my recommendations on science, not style. The elevated heel of most shoes changes the mechanics of the foot in a detrimental way and throws off alignment of the skeleton all the way up to the spine. Please see the excellent illustrations by William Rossi DPM, which show how heels likely contribute to low back pain and malalignment.

In addition, having a tight calf leads to the majority of foot problems I treat daily. Elevated heels on shoes feeds into the tightness of the calf since it allows them to maintain the over-shortened position. Some people feel awkward in shoes with no heel, but the stretch they feel as they transition into a shoe with no difference in height between the toe and heel is actually a good thing. As the calf stretches, the shoe will feel more comfortable and many other foot, ankle, leg, and spine problems sometimes self-correct just by gaining more calf flexibility.

## Should shoes have cushioning?

As stated earlier, the best shoes are no shoes. That is, if the person has no foot pathology or abnormalities, and is not at risk of cutting or injuring the foot on something. Someone with a healthy foot can wear shoes with no padding at all and they will be able to recreate the same feeling as walking barefoot, but be more acceptable in modern society.

Other people that have some kind of foot problem or foot pain will benefit from some kind of padding. I often tell patients that my goal is to get them to the point where they can walk comfortably barefoot on a hard floor. However, until then, they will benefit from padding in their shoes. Patient with severe and long-standing problems will be able to relieve much of their symptoms by just putting on a shoe that has a natural foot shape, no heel, and a large amount of cushioning. Hopefully, as they complete their targeted physical therapy or recover from a reconstructive surgery, they will get to the point where they can use a shoe with less and less cushioning until they get to the point where they can walk barefoot on a hard floor.

## Specialty Shoe Recs

Application	Footwear	Where to get it
Steel Toe	Keen "Utility Series" Boots	Modern Shoe, 350 W Center St, Provo (801) 375-2711
Military Boots	Belleville TR101 and TR102	workingperson.com