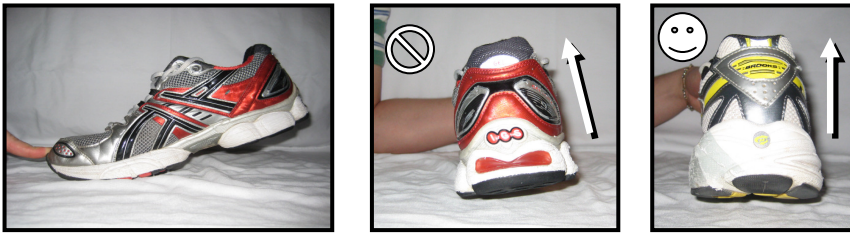


Selecting the Proper Shoe

- 1. Assess how the shoe sits.**
Should sit flat rather than angled.



- 2. Forward and backward shoe rocking.**
Rocks straight without tilting medial or lateral.



- 3. Should rock equally forward and backward.**



- 4. Toe balance.**
Rock forward and balance on toe while assessing tilt.



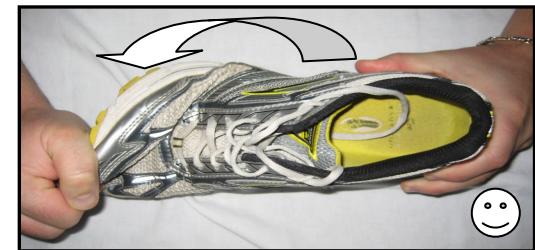
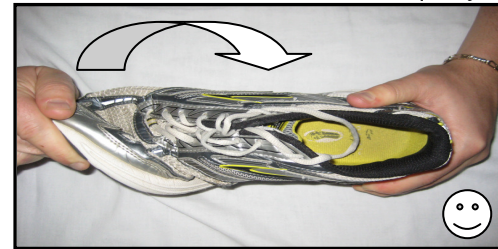
- 5. Landing.**
Allow shoe to fall back to table while assessing landing. Does it land flat, or tend to tilt medial or lateral?



- 6. Shoe bending.**
The entire front of shoe should bend equally.



- 7. Shoe rotation.**
The toe of the shoe should twist equally.



Shoe Tying

Remove top lace out of top hole, and insert lace into same side hole above making "rabbit ears."



Feed laces through opposite loop.



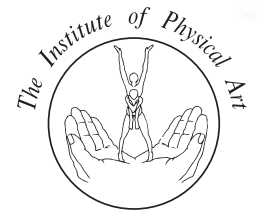
For inside support tighten medial lace more.

For outside support tighten lateral lace more.



HOW TO BUY AND TIE THE RIGHT SHOE FOR YOU!

Johnson and Johnson Physical Therapy
&
The Institute of Physical Art, Inc.



Brochure created by Greg Johnson and Sam Nixon
of Hardin-Simmons Physical Therapy Program and
Megan Lord of University of Colorado Physical Therapy Program

1856 Lincoln Avenue, Steamboat Springs, CO 80487

INSTITUTEOPHYSICALART.COM

*This brochure is not intended to endorse or discredit any particular brand or style of shoe.