

Dr. Justin Albright's Footgear recommendations

Shoe Selection

When selecting shoes, inserts, or custom orthotics, they should be viewed as a form of bracing. If your feet are well-balanced in terms of strength and flexibility, minimalist or barefoot shoes may be suitable. However, if you're experiencing pain, it often signals an imbalance, indicating that some degree of bracing, such as supportive footwear or orthotics, may be beneficial in the short term.

The goal should be to determine the minimal bracing necessary and develop a rehabilitation program that gradually reduces dependence on long-term support. In cases where conservative treatments fail to address weakness or arthritis, ongoing bracing may be required. This can include supportive shoes, inserts, custom orthotics, or in some instances, Ankle-Foot Orthoses (AFOs) for adequate support and mobility.

Toe box shape is critical for maintaining toe function and strength. Poorly fitting toe boxes can contribute to issues such as bunions and hammertoes, and as we age, can negatively affect balance.

It is important to distinguish between a wide shoe and a wide toe box. A shoe with a wide toe box follows the natural shape of the toes and typically has a more squared-off appearance. To check for proper fit, remove the insole and stand on it with full weight; no part of your foot should extend beyond the insole. If it does, the shoe is too small.



Barefoot, athletic, dress and casual shoes

Xero



Vibram



Vivo Barefoot



Peluva



Ahinsa Shoes



Carets Shoes



Birchbury



Splay



Wildling



Lems



Feel Grounds

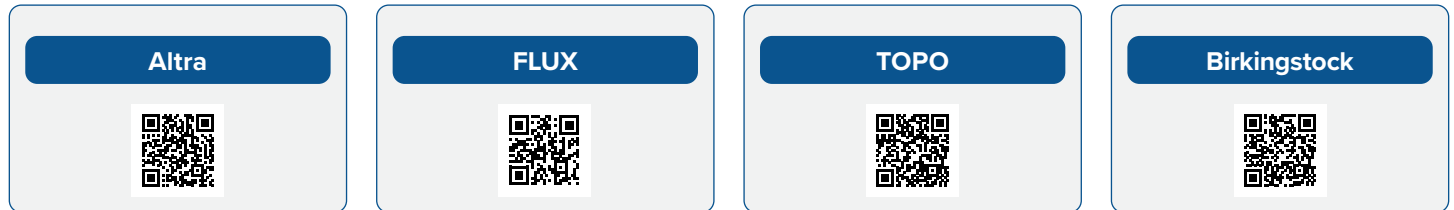


Origo

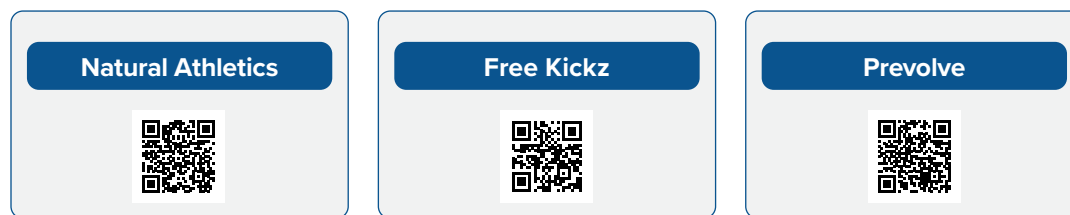


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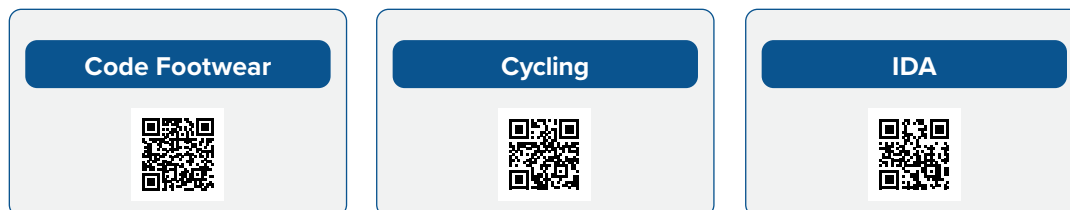
With Midfoot Support



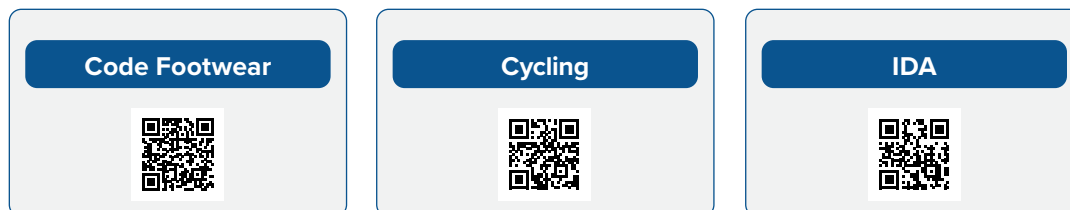
Cleats



Custom



Women's Soccer



Sock Selection

Sock material plays a crucial role in reducing moisture and maintaining a healthy environment for the skin. Natural fibers like wool, as well as synthetic materials, are effective at wicking moisture away from the skin. Pairing these with well-ventilated mesh shoes can further help manage foot moisture.



Socks

