

# Features of appropriate shoes

Wide heel base  
and deep heel  
cup for stability

Laces or velcro  
for adjusting fit

Breathable  
upper and  
lining

Wide, extra  
deep toe box

Thick foam insole  
for extra shock  
absorption

Slip-resistant,  
durable,  
flexible sole

Footbed provides  
cushioning and shock  
absorption – can be  
removed for custom  
inserts

Seamless lining  
reduces  
likelihood of  
friction

Soft interlining  
molds to foot,  
reduces friction

Rocker sole  
reduces  
forefoot  
pressure

