

# Recreational Shoewear

## Why do we wear shoes?

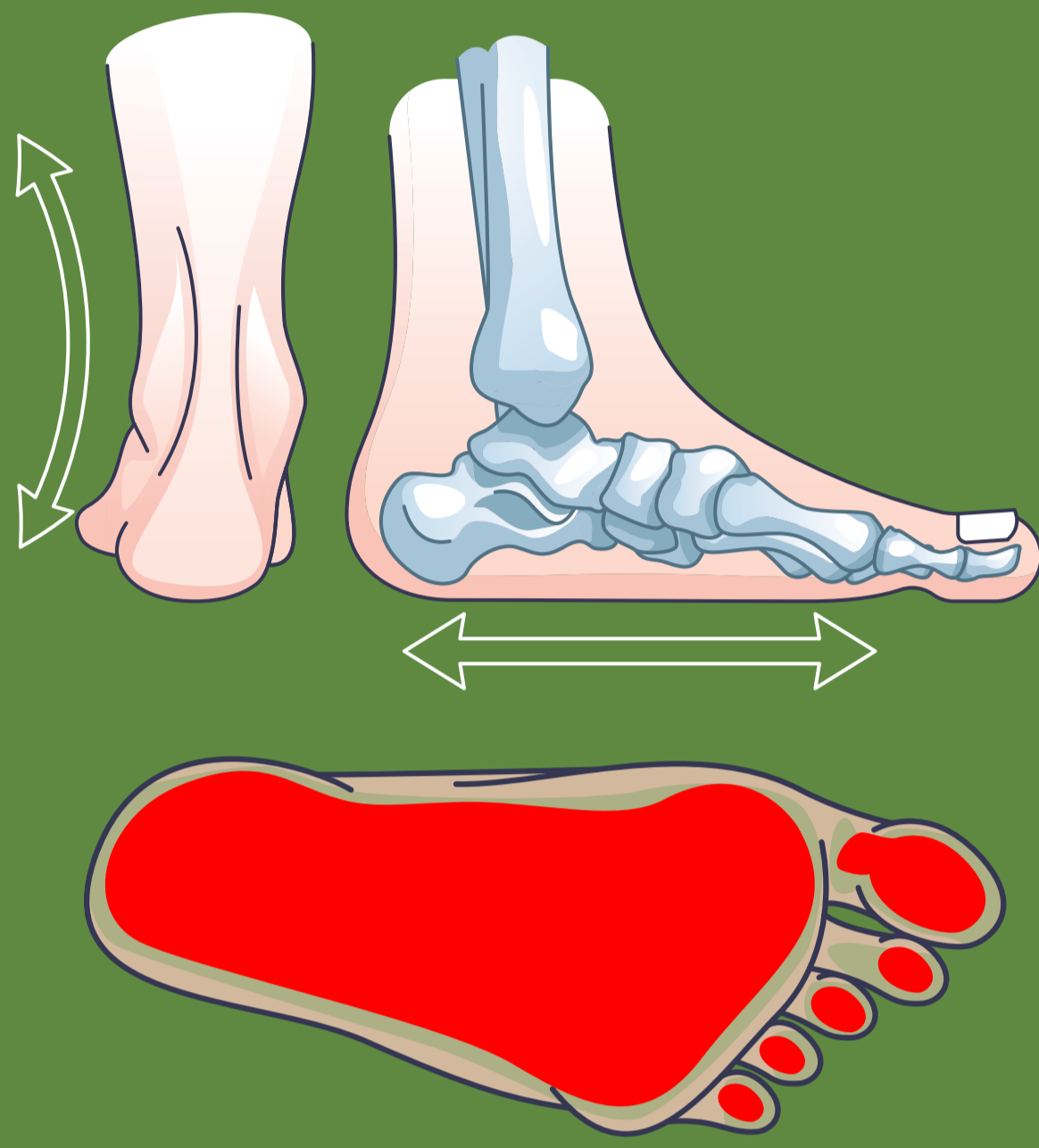
The primary role is to protect the sole of the foot.

## What to expect from your physical therapist exam

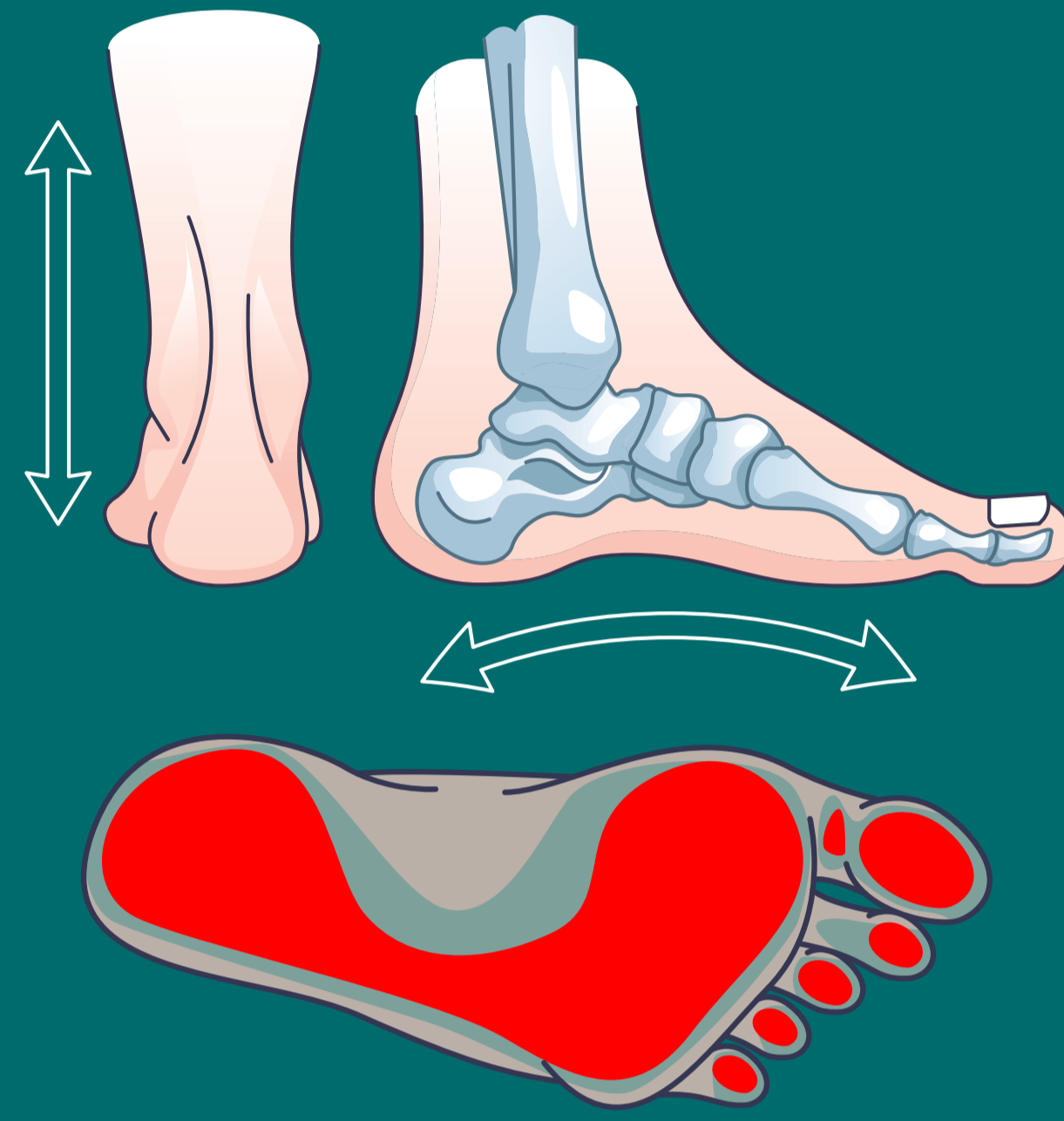
- Examination of your foot type
- Advice regarding the shoe type to best match the shape and size of your foot
- Advice regarding shoe wear modifications to prevent potential and recurring injuries

## Arch Type

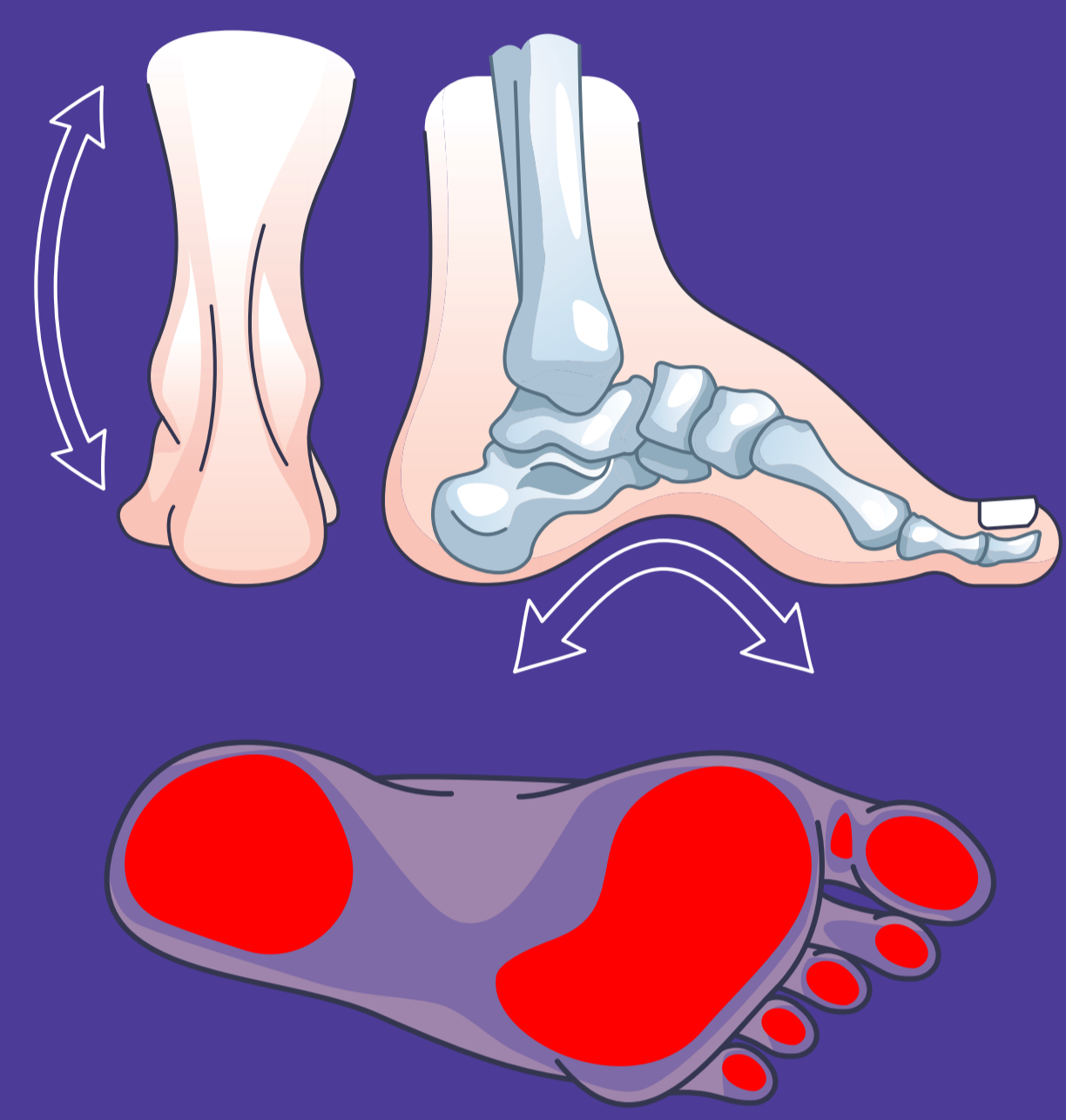
### Fallen Arch



### Normal



### High Arch



Shoe Type:  
**Motion-Controlled**

Features:  
Stiff midsole  
Stiff counter

Shoe Shape:  
**Straight**



Shoe Type:  
**Neutral**

Features:  
Dual-density midsole  
Medium-stiffness counter

Shoe Shape:  
**Slight Curve**



Shoe Type:  
**Neutral-Stability**

Features:  
Soft-density midsole  
Soft counter

Shoe Shape:  
**Curved**



## Important Considerations

- Age-related changes in the shape and size of your foot
- Age or injury-related changes in strength and motion
- Activity type and frequency

**Wide  
toe boxes  
rule!**

**Remember to consider function vs. style  
and always let comfort dictate!**