



6299 Guion Rd.  
Indianapolis, IN 46268



## Shoe Suggestions

**Choosing the correct shoe is essential for achieving a positive outcome with Richie Brace® treatment.**

The basic shoe requirements are:

- Deep heel counter
- Removable foot-bed liner
- Firm midsole
- Stable, non-forgiving upper

The Richie Brace® products typically function best in athletic shoes but can be worn in some lace-up oxford style shoes which have a removable liner. By removing the liner, there is typically room to insert the Richie Brace® without compromising fit. Depending on the shoe style, a half size increase may be necessary. **Consider brands such as SAS, Mephisto, Ecco, and Rockport.**

Sport Sandals also function with some Richie Braces® if there are straps across the forefoot and around the heel. **These include Teva, Merrill, SAS, and Ecco.**

Foot orthotics rarely work in sandals; they slip side-to-side or slip out of the back because the sandal doesn't have an upper to restrict or contain the device. The Richie Brace® is attached to the leg so the footplate remains secure. The straps can be adjusted and tightened to control forefoot abduction. Finally, most good quality sport sandals have a firm, non-compressible midsole for better support of the brace.

A crew length sock is suggested when wearing the Richie Brace®.

### **SUGGESTIONS FOR THE RICHIE® GAUNTLET AND/OR RICHIE® CALIFORNIA AFO**

With any solid AFO, the posterior shell hits the top of the heel counter of the shoe and pushes the entire brace and foot forward in the shoe, using up a full shoe size. Therefore, it is suggested to remove the shoe insole. Even then, it is likely a new larger shoe will be necessary.

A walking shoe with Velcro strap closure, not laces, is recommended. **Consider Brooks Addiction or New Balance walking shoe.**