



When looking for shoes, always take your custom orthotics with you. Shoes/Sandals with removable inserts are good for your feet and best to accommodate a full length orthotic. These below are Dr. Mechanik's recommendations and are a guideline for finding great shoes with removable inserts.

	RUNNING	WALKING	HIKING	CASUAL/COMFORT	HEELS/WEDGES	SANDALS	LARGER TOE BOX	SLIPPERS
Aerosoles				X	X	X		
Aetrex				X	X		X	
Alegira				X			X	
Allan Edmunds				X				
Altra	X	X		X			X	
Allbirds	X	X		X			X	
Aravon				X				
Arcopedico				X	X	X		
Ariat				X			X	
Asics	X	X		X			X	
Bass				X	X	X		
BeutiFeel				X		X	X	
Birkenstock				X		X	X	
Born				X	X	X		
Bostonian				X				
Brooks	X	X						
Clarks				X	X	X	X	
Columbia		X	X	X		X		
Dansko		X		X	X	X	X	
Drew		X		X	X	X	X	
Earth Origins				X	X	X	X	
Easy Spirit				X		X		
Ecco				X		X	X	
Finn Comfort				X				
Florsheim				X				
Haflinger								X
Hoka	X	X	X					
Hush Puppies				X				
Jambu		X		X				
Johnston-Murphy				X			X	
Josef Siebel				X	X	X		
Keen		X	X	X		X	X	X
Klogs				X			X	
Lems	X		X				X	
LifeStride				X	X	X		

Success with women's high heels can vary with a person's foot type, generally we do not recommend high heels over 2 – 2 ½ inches.

Ask about Copley's.

Your custom orthotics will be most successful to you if you are consistent in wearing them while you are on your feet. When you work and play, ensure that you have your orthotics in your shoes.

	RUNNING	WALKING	HIKING	CASUAL/COMFORT	HEELS/WEDGES	SANDALS	LARGER TOE BOX	SLIPPERS
Me Too				X	X			
Mephisto				X	X	X	X	
Merrill		X	X	X		X		
Mi Zuno	X	X						
Munro				X				
Naot				X	X	X		
Naturalizer				X	X	X	X	
OBOZ		X	X	X				
New Balance	X	X	X					
Nunn-Bush				X				
On Cloud	X	X						
Pikolinos				X		X		
Propet (Sold Here)		X	X	X	X		X	X
Rockport		X	X	X				
Salomon	X	X	X				X	
Sanita				X				
SAS		X		X	X	X		
Saucony	X	X						
Sofft				X	X	X		
SoftSpots				X		X		
Spira	X	X					X	
Spring Step	X	X		X				
Stonefly				X				
Taos				X	X	X	X	X
Taryn Rose				X				
Think				X				
Topo Athletic	X	X	X	X			X	X
UnderArmour	X	X						
Wolky				X			X	
Xero Shoes	X	X	X				X	
Ziera/Kumfs				X				

Optional shoe stores
Dardano's Shoes (Denver)
SAS Shoes (Centennial)
DSW Shoes (self service)

DRESS SHOES WITHOUT REMOVABLE INSERTS

Your smaller dress orthotic (metatarsal head (3/4) or sulcus length (1/2) will fit in many dress shoes without removable inserts, but try them on first. Shoes will need a deep enough heel cup so you do not walk out the back, and have a sturdy construction so your orthotic has a support near the arch.

