

Foot Type and Shoe Type

Supinator:

Excessive outward rotation of the ankle and foot bones. Produces an abnormally high arch.



Neutral:

Neither excessive outward or inward rotation of the ankle and foot bones. Produces a neutrally positioned arch.



Pronator:

Excessive inward rotation of the ankle and foot bones. Produces an abnormally low arch or flat-footed appearance.



Slip Lasted vs. Board Lasted:

Slip Lasted: the upper portion of the shoe is sewn or 'slipped' into the lower base of the shoe

*Best for the Supinator and Neutral

Board Lasted: the upper portion of the shoe is glued onto the lower base of the shoe

*Best for the Pronator



Slip Lasted Shoe

Last Curvature:

Curved: Best give for Higher Arches and Supinators

Semi-Curved: Best for a Neutral Arch

Straight: Best firm density for the Pronator



Curved

Semi-Curved

Straight

Medial Side Arch Support:

Continuous: Moderate arch support. Best for Higher Arches and Supinators

Non-Continuous: Contains a medial post which provides the best support for the Pronator



Continuous Medial Side

Non-Continuous Medial Side with Medial Post



Central States
Orthopedic Specialists

R. Cilo Robertson, MD
Don L. Hawkins, MD
David R. Hicks, MD
Michael W. Tanner, MD
Brian C. Howard, MD
James D. Cash, MD

David E. Norweller, MD
Randall L. Hendricks, MD
David K. Wong, MD
Bryan J. Hawkins, MD
Perry D. Inhofe, MD

Thomas G. Craven, MD
Jeffrey R. Morris, DO
Ronald S. LaButti, DO
Jeff A. Fox, MD
Kathleen M. Sisler, MD
Troy A. Glaser, DO

Tulsa: 918.481.CSOS (2767) Statewide: 888.269.CSOS (2767) www.csosortho.com

Tulsa • Owasso • Vinita • Grove • Bixby • Jenks