



Dr. Mindy E. Lam, DPM ♦ Dr. Steven Lam, DPM

**Feet Friendly Shoes for Women**

\*Aetrex            Keen  
\*Aravon           \*LL Bean  
  Born            \*Merrell  
\*Clarks            Naot  
\*Dansko           \*Propet

**Sandals**

\*Aetrex            Merrell  
\*Birkenstock    Naot  
  Dansko

**Flip Flop**

Bite                Teva  
Merrell            UnderArmor

**Sneakers**

\*Asics            \*New Balance  
\*Brooks           Saucony  
\*Mizuno

**Feet Friendly Shoes for Men**

\*Aetrex            \*Dunham  
\*Alden            Keen  
  Born            \*LL Bean  
  Bostonian      \*Merrell  
  Caterpillar     Naot  
\*Clarks           \*Propet  
\*Dansko           \*Rockport

**Sandals**

Aetrex            Naot  
\*Birkenstock  
  Merrell

**Flip Flops**

Teva  
UnderArmor

**Sneakers**

\*Asics            \*New Balance  
\*Brooks           Saucony  
\*Mizuno

\*Some styles within this brand come in various widths.

\*\*These are examples of good quality brands of shoes, however, there are other good quality shoes out there. What matters is that you try on the correct size shoe and it feels good on your foot