



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