

New Age Extra Depth

One of the more popular requests on medical shoe prescriptions is for extra depth accommodated footwear.

Orthopaedic shoe companies have and still do provide excellent choices for the shoe fitter in this category. Unfortunately many of the EXTRA depth options have changed little over the years and remain a negative option for even the oldest of patients.

From a fitter's perspective many of these shoes are extra depth not only in the toe box where it is generally needed, but also through the midfoot and heel. For some individuals this overall depth is ideal.

But for many the resulting fit is no better than what would come from the actual shoe box itself !

Substituting stretch material in the toe box can help create a more formed fit up front. But the rearfoot tends to remain voluminous.

With key colour options being black and taupe the end result can be less than inspiring. That being said some of these extra depth choices from companies like Pedors who continue make women's shoes available in a wide range of widths up to 6E, remain extremely valuable

In fact just [this morning](#) I helped a customer whose New Balance WW928 4E complete with a bubble patch modification was not sufficiently wide for her foot/ orthotic combination. Fortunately my Pedors wholesaler is conveniently located on my route to work and their 6E width style 600 with it's stretch toe box was 'just what the doctor ordered'.



Athletic footwear companies like New Balance who offer multiple widths have become what I call the 'New Age Orthopaedic' extra depth shoe.

They are generally built on lasts which are shallower in the midfoot and heel compared to their 'Old Age' orthopedic counterparts.

Most of the depth in the athletic options come in the area where it's most needed the toebox.

Along with a more tapered athletic fit in the hind quarters, the seamless breathable toe box is not only aesthetically more appealing, it reduces the risks associated with abrasion and sheering .

A feature that can be extremely valuable when trying to manage the diabetic foot.

Some Running shoe models are actually moving to more elastic seamless materials in the toe box area. These can be particularly good for those with hammertoes and individuals who require accommodation in only one or two very specific areas of the forefoot.

The New Balance 1080 and Asics Metaride make great use of these newly engineered stretch materials.



As we know all 2E's and 4E's are not the same which is good because all feet are not the same.

Finding the right extra depth shoe for a customer requires a deep inventory of styles to choose from. That means not only a variety of widths but also a range of shapes or lasts. Combine this with a seamless flexible upper and a plethora of colors to choose from and success may be a short step away !!

Take a look at The Shoe Update for a review of the best in width sizing and accommodative shoe choices for your patients.

Phil Moore Owner

LadySport and FitFirst

Vancouver and Burnaby