

Shoe Fitting Guide



Key Points for the Best Fitting Footwear to be used with the XTERN



Points to look out for in the chosen footwear for the trial fitting:

- A** Plenty of eyelets to attach front of the brace
- B** Bulky sole unit with ridges for friction grip at the rear
- C** Robust fabric



We recommend stable shoes with a firm heel counter, robust fabric with ridges on sole (tapered shape) these contours hold the orthotic in place.

Avoid Minimalist “bafefoot” shoes with very light fabric and thin sole!

Avoid Shoes with very flimsy or elastic stretchable material!

Keep in mind that the orthotic uses the shoe to lift and stabilize the foot.

Poor shoe sturdiness may impair and diminish mechanical brace behavior.

For example: NB, Asics, Brooks, Mizuno, Merrell, Salomon, Keen, Hoka, Timberland and many other brand are perfect for the brace.

Many other types of shoes will work but some will need more time than others to install the lace clips.

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The shoes illustrated below work perfectly with the XTERN.

Lace clip on all the below can be installed quickly.



The shoes illustrated below work perfectly with the XTERN.

Some may need additional work to secure the lace clip.



The high street shoes illustrated below work perfectly with the XTERN.

If the eyelets are too high on the forefoot you may need to punch a fixing hole in to the material to install the zip ties for the lace clip.



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Reverse pull straps also work perfectly with the XTERN.

Holes may need to be punched in sturdy material lips around the shoe tongue opening.



Inverted tapered or vertical sole units may require an additional bumper support.



All types of boots work well with the XTERN.

Depending on the eyelet material and position the lace clip installation may differ depending on the model.



For technical and clinical support or if you are requiring a product demonstration please email david.bownes@blatchford.co.uk

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