

What's Trending in Footwear Solutions for Your Patients...

1. Low & Zero Drop Options

Altra's wide toe boxes and minimal heel drop options promote healthy foot movement. Learn more in our feature article with Dr. Courtney Conley on pages 4 and 5.

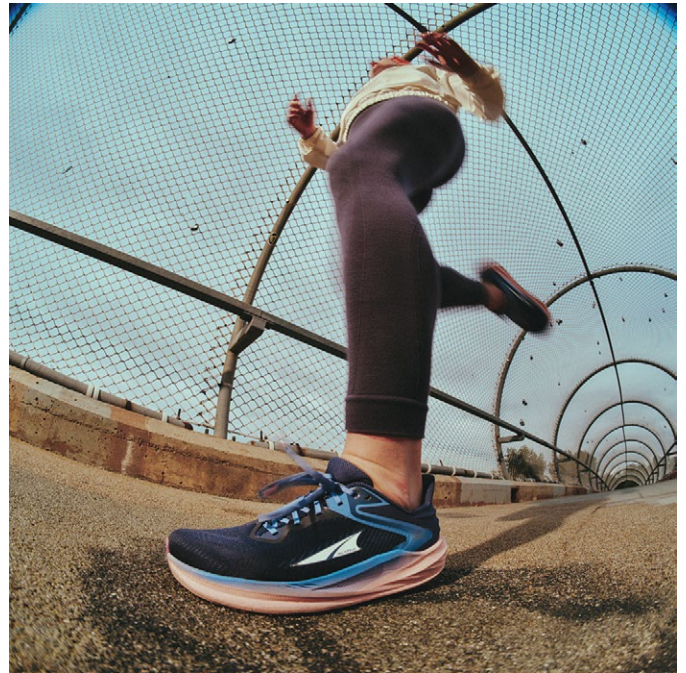
2. Rocker Soles for Offloading

High-cushion rocker shoes—like HOKA Bondi 9, NB More V6, and Asics Nimbus 27—reduce forefoot pressure and joint strain. Excellent for osteoarthritis and metatarsalgia.

3. Orthotic-Friendly Styles

We carry a wide range of running and walking shoes designed to accommodate custom orthotics and OTC insoles. In addition, we offer several dress-casual brands with removable footbeds and deep, structured heel counters, including styles from Dansko, Naot, and Wolky.

Refer your patients for a fit appointment—our specialists align footwear with orthotics and care plans to maximize comfort and recovery.



4. Supportive Footwear for Professionals

Healthcare professionals, service workers, and others on their feet all day choose slip-resistant shoes like the Birkenstock PRO, Dansko XP 2.0, and HOKA Bondi SR for lasting comfort and reliable protection.

5. Wide Widths

We offer a variety of brands and styles in wide widths to accommodate patients who require additional space and comfort.

We look forward to welcoming your patients to our store.



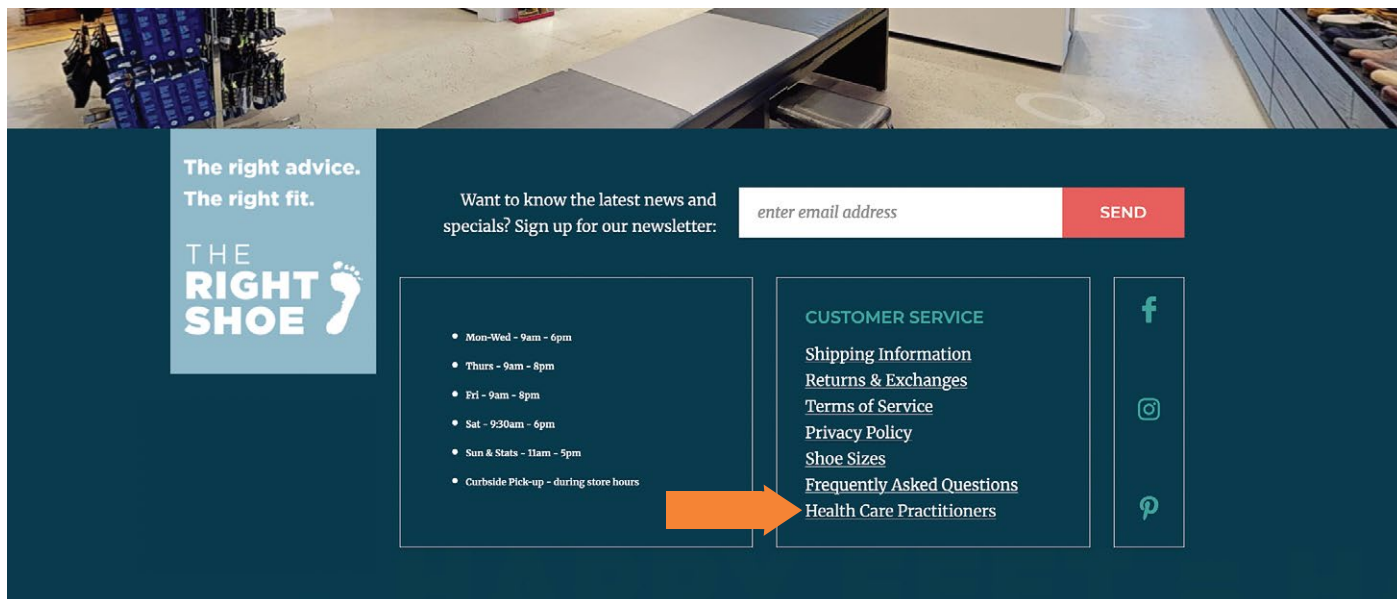


Our Fit Specialist Training Program: Why Your Patients Are in Expert Hands

All of our staff — many with backgrounds in SFU's Kinesiology and Sports Science program — complete a 13-week training program focused on four key areas:

- **Foundations** – Our history, values, and service philosophy
- **The Customer Journey** – Mastering gait analysis and client assessment
- **Biomechanical Training** – Anatomy, pathologies, and footwear prescription
- **Product Knowledge** – Technical details linked to patient needs

Graduates earn the title of Certified Fit Specialist, ensuring every referral receives expert, individualized care.



How to Use Our Healthcare Practitioner Resource Centre

Easy Referrals

One click away.

Find the Resource Centre under Customer Service
> Health Care Practitioners in the **footer** menu of our website.

NEW: Online Prescription Pad

Streamline your referrals.

Submit prescriptions online—sent instantly to our Fit Specialists.

Fast + Simple

We're ready before they arrive.

Patient details are on file, making the fitting process seamless.

Flexible Options

Digital or paper.

Print a copy for your records, or email
practitioner@therightshoe.ca for paper pads.

Prescriptions

Please fill out the prescription form below.

FOOTWEAR PRESCRIPTION

Client Name *

Notes / Diagnosis

Foot Type
☐ Neutral ☐ Pronated ☐ Supinated

Foot Complications
☐ Diabetes ☐ Hammer Toes ☐ Bunions ☐ Neuropathy ☐ Edema ☐ Arthritis

Shoe Modifications?
☐ Yes ☐ No

Shoe to Accommodate Orthotics?
☐ Yes ☐ No

Shoe Category
☐ Neutral ☐ Stability

Shoe Style Required
☐ Casual/Dress ☐ Indoor ☐ Walking ☐ Running ☐ Velcro Fastening/Quick Laces ☐ Minimal Seems ☐ Extra Width

Shoe Criteria

Forefoot Rocker

Flexible Torsional Rigidity

Flexible Cushioning

Low Heel Drop (mm)
☐ 0 ☐ 0-4 ☐ 4-8 ☐ 8+

Detail

Notes

Medical Practitioner

Submit

A Breakdown on Zero-to-Low Drop Footwear



By Dr. Courtney Conley, DC, Founder of Gait Happens

From natural biomechanics to long-term strength, zero-to-low drop shoes can change the way you move. Learn what heel-to-toe drop is and how to transition safely.



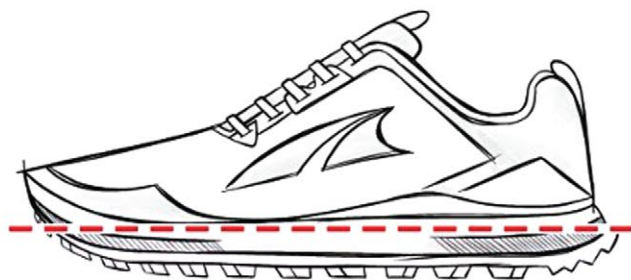
What is Heel-to-Toe Drop?

Heel-to-toe drop refers to the difference in height (in mm) between a shoe's heel and forefoot. A higher drop is 7mm+, while a low or zero drop is 0-6mm, placing the foot in a more natural position (1).

Why Consider Zero-to-Low Drop Shoes?

Research suggests zero-to-low drop shoes may:

- **Promote natural biomechanics** – Encouraging midfoot/forefoot striking and reducing load through the knees and back (2,3).
- **Build strength** – Calves and feet work harder, improving balance and stability long term.
- **Enhance proprioception & flexibility** – Closer to barefoot mechanics, improving awareness and mobility in the foot and ankle.



Zero-to-Low Drop



High Drop

Transitioning Safely

Moving from a high-drop shoe takes time. Tips include:

- Start with **short daily wear** (10-15 minutes), increasing gradually.
- **Expect mild calf/foot soreness** – stretch, strengthen, and rest as needed.
- Use supportive tools like **toe spacers** and foot drills to build strength.
- Consider lower-drop “transition shoes” (e.g., 4mm models) or zero-drop shoes with higher stack heights for added support. The Altra Olympus is a good option.
- For runners, focus on short, **midfoot-landing drills** before building mileage.



Signs You're Transitioning Too Quickly

- Persistent calf or foot soreness lasting more than 36 hours
- Localized redness or swelling on the top of the foot
- Sharp or lingering pain instead of mild muscle fatigue
- Sudden drop in performance or discomfort that worsens with use

If these occur, scale back your mileage/time in low-drop shoes. If symptoms don't resolve, consult a healthcare provider.



Altra Lone Peak 9, Heel Drop: 0mm

Key Takeaway...

Zero-to-low drop shoes can strengthen the foot and ankle, encourage better posture, and support natural movement. The transition should be slow and mindful, ideally during the off-season, to reduce injury risk.



Altra FWD Via, Heel Drop: 4mm

References:

1. Coetzee DR, et al. *J Sports Sci.* 2018;36(8):949-954.
2. Davis IS, et al. *Exerc Sport Sci Rev.* 2021;49(4):228-243.
3. Almeida MO, et al. *J Orthop Sports Phys Ther.* 2015;45(10):738-755.

Practitioner Resource Guide

What's the Drop? A Look at Heel Heights

We carry a wide range of shoes with a broad spectrum of heel drops to support your patients' unique needs. Here's a quick reference guide to the heel-to-toe offsets in our current in-store models—useful for gait analysis, injury recovery, and rehab recommendations.

Zero and Low Heel Drop Options

In Millimeters

| DROP | BRAND | MODEL | CUSHIONING |
|------|-------------|---------------------------------|------------|
| 0 | Altra | Lone Peak | Mid |
| 0 | Altra | Olympus | Max |
| 0 | Altra | Torin 8 | High |
| 0 | Merrell | Trail Glove | Minimal |
| 4 | Altra | FWD Via | Max |
| 4 | Hoka | U Mafate Speed 2 | Balanced |
| 4 | New Balance | More V6 (replaces 840 model) | Max |
| 4 | New Balance | Hierro V9 (trail) | High |
| 5 | Hoka | Bondi 9 | Max |
| 5 | Hoka | Challenger | Balance |
| 5 | Hoka | Skyflow | Balanced |
| 5 | Hoka | Skyward X | Plush |
| 5 | Hoka | Mach 6, Mach X3 | Responsive |
| 5 | Hoka | Speedgoat (trail) | Balanced |
| 5 | Hoka | Transport (walking) | Balanced |
| 6 | Asics | Glideride Max | Max |
| 6 | Brooks | Glycerin Max | Max |
| 6 | Brooks | Ghost Max 3 | Max |
| 6 | HOKA | Bondi SR | Plush |
| 6 | Merrell | Agility Peak | Max |
| 6 | Merrell | MQM 3 Gore-Tex | Max |
| 6 | New Balance | Rebel V5 | Mid-High |
| 6 | New Balance | 880 V15 | Mid |
| 6 | New Balance | 1080 V14 | High |
| 6 | ON | Cloudaway 2 (walking) | Mid |
| 6 | ON | Cloudsurfer Max | High |
| 6 | ON | Cloudsurfer Next | Responsive |
| 6 | ON | Cloudmonster/ Cloudmonster 2 | Max |
| 6 | ON | Cloudflow 5 | Mid |

Mid-range Heel Drop Options

In Millimeters

| DROP | BRAND | MODEL | CUSHIONING |
|------|-------------|----------------------------------|------------|
| 7 | ON | Cloud 6 | Mid |
| 8 | Asics | Kayano 32 (stability) | Max |
| 8 | Asics | Novablast 5 | Max |
| 8 | Asics | Superblast 2 | Max |
| 8 | Asics | Cumulus 27 | High |
| 8 | Asics | Trabuco 13 (trail) | High |
| 8 | Asics | Nimbus 27 | Max |
| 8 | Hoka | Clifton 10 | Balanced |
| 8 | New Balance | 996 V6 (stability) pickleball | Mid |
| 8 | ON | Cloudpulse (gym) | Mid |

High Heel Drop Options

In Millimeters

| DROP | BRAND | MODEL | CUSHIONING |
|------|-------------|------------------------------|------------|
| 10 | Brooks | Glycerin 22 | High |
| 10 | Brooks | Ghost 17 | Balanced |
| 10 | New Balance | 860 V14 (stability) | Mid |
| 10 | ON | Cloudrunner 2 (stability) | Mid |
| 13 | New Balance | 928 v3 (men's only in 4E) | Mid |
| 14 | ON | Cloudnova Form (everyday) | Mid |

How We Help Your Patients Find the Right Fit: Special Orders Made Simple

Special Orders

Your style, your size.

If we carry the brand and style, we can bring in the right size or width if it's available – no obligation if it's not the right fit.

Fast Delivery

5-10 business days.

We'll contact your patient directly once their shoes arrive.

Easy Returns

30-day peace of mind.

Full refund if unworn, in new condition, and returned with original packaging.

Refer with Confidence

Personalized care, every time.

Our team works to find the best footwear solution for your patients.



Wide-Width Footwear for Your Patients

We can special-order wide widths across multiple brands.







photo: @melaniekatcher

Let's Work Together!

We're committed to supporting your practice with expert guidance, top-tier footwear, and personalized service for your patients. Have a footwear-related question? Need a specific recommendation?

 **Call us:**
604.737.6014

 **Email us:**
practitioner@therightshoe.ca

 **Visit us:**
The Right Shoe,
Vancouver, 1601 West 4th Ave.
Vancouver, BC V6J 1L8

Visit our website:

Stay informed,
stay connected,
and let's keep your
patients moving!



Did you know?...

We offer doctors and physios that refer to The Right Shoe a 20% discount on personal footwear purchases. Please contact us at: practitioner@therightshoe.ca to register.