Footwear and Last Recommendations for Common Foot Problems

Common Foot Problems

**Bunions**: Bunions require footwear with a wide and deep toe box to accommodate the affected joint. Drew® brand footwear has added depth or double added depth, large forefoot capacity and soft yielding uppers. Lasts that work well for bunions include women’s lasts 88, 46 and 221 and men’s lasts 66 and 420.

**Heel Pain**: Heel pain – especially when standing – is helped by customized cushion inserts and added depth footwear. Heel pain is usually caused as a result of Plantar Fasciitis. Drew footwear with prescribed orthotics works well for this condition.

**Pes Planus**: Correctly designed shoes will make the low-arched foot more comfortable. Depending on mobility, women’s lasts 46, 88 and men’s last 66, 420 and 401 work well for the rigid foot, while last 101, 401 and 420 works well for the flexible flat foot.

**Plantar Fasciitis**: Pain in the arch area is a symptom of Plantar Fasciitis, which can be managed by customized orthotics and proper footwear. All Drew brand footwear can accommodate prescribed orthotics, which help relieve the pain of Plantar Fasciitis.

**Hammertoes**: Shoes with wide toe boxes and metatarsal lifts help the pain of hammertoes. Drew brand footwear with high toe boxes, removable cushion inserts, and soft leather uppers benefit this condition. Look for women’s lasts 88 and 46 and men’s last 66.

**Ankle Valgus**: Ankle roll in requires strong shoes with wedges or flares that reduce pain in the lower legs and ankles. Drew brand footwear, with its supportive heel counter, wide shank area, rigid heel tuck, and flared outsoles are ideal for Ankle Valgus. This footwear offers complete rearfoot control, thus helping balance and align the foot.

**Calluses**: Accommodative inserts to reduce pressure will allow most calluses to lessen and sometimes disappear. Drew brand footwear, constructed with moldable, cushion inserts are accommodative to this condition.

**Pes Cavus**: A high-arched foot requires therapeutic footwear. A long medial counter provides support and stability. Drew lasts with modified inserts or orthotics are also beneficial for this problem.

**Ankle Varus**: Ankle roll out requires strong footwear with wedges or flares that reduce pain in the lower legs and ankles. Drew footwear with its supportive counter, wide shank areas, rigid heel tuck, and flared outsoles are ideal for Ankle Varus. This footwear offers complete rearfoot control, thus helping balance and align the foot.