



## Footwear Anatomy [audio transcript]

Before we review footwear selection and prescription, it's important for us to review the basic anatomy of a shoe, so we're all speaking the same language.

This picture illustrates the different components.

Starting at the back, we have the 'collar,' which goes around the ankle. These can be padded or straight.

There is the 'heel counter' just below that. This is usually stiffened in order to provide lateral support.

On top we have the 'upper' and these can be adjustable with laces, Velcro or buckle.

In front we have the 'toe box' and these can vary in depth: They can be increased by as much as half an inch to a quarter inch; in what we call 'added depth' shoe.

Inside the shoe, we have the insert which can be padded or covered with a liner.

On the bottom, we have the sole. Notice in this picture, the front of the sole is beveled: We call this the 'rocker sole' and it can reduce the pressure at the forefoot.

'Shanks' are sometimes inserted into the sole to provide some stiffening.