

Your foot dimensions

Name _____

Length	Arch	Width
Right		
Left		

Foot type:



Shoe features recommended:

- Straight last/contour toe box for splayed forefoot or flat foot
- Offset last (wider at 5th toe)
- Stiff extended reinforced medial heel counter
- Firm midsole
- Increased stability

- Semi-curved for neutral foot
- Stiff heel counter
- Stability at rearfoot
- Cushion at forefoot

- Curved last for high arch foot
- Slip lasted for flexibility
- Lateral stiff counter
- Increased shock absorption

Shoe sizes vary

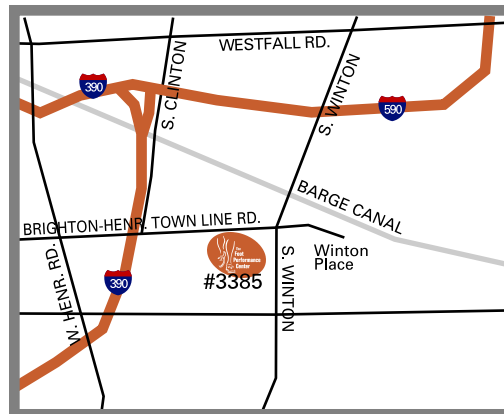


3385 Brighton-Henrietta Town Line Rd.
Near the corner of S. Winton Rd.

585-473-5950

www.footperformance.com
mail@footperformance.com

*Staff Podiatrist at the
2004 Athens Olympics*



Athletes: it's all in the footwork.



www.footperformance.com

A Board Certified Pedorthist can help improve athletic performance and comfort.

For both recreational and competitive athletes, a pedorthist (ped´or-thist) can help give you the edge you're looking for. The pedorthists at The Foot Performance Center are qualified to fill prescriptions for foot orthotics and footwear, modify and evaluate function of footwear and conditions related to the foot. We specialize in foot-related services including:

- Custom foot orthotics and footwear
- Gait analysis
- High-quality footwear
- Footwear modification
- Prescription fulfillment
- The area's largest selection of over-the-counter arch supports
- Ski boot fitting and leveling

Whether you're suffering from a foot-related injury or simply want to improve your performance, we understand athletes and their feet, and, if necessary, build a custom orthotic or footbed right in our office.



Runners/Walkers/Hikers

No other sport puts as much stress on your feet, knees, back and entire body. By carefully analyzing your running form, training regimen and footwear, we can help you avoid injury and achieve your physical potential with much happier feet.

Skiers

Comfort and performance go hand in hand. We've helped skiers of all levels achieve balance, alignment and support for a better feel for the snow and cleaner, quicker turns.

Golfers

Don't let sore feet add strokes to your game. With proper foot support, you can achieve comfort, balance and control, which steadies your swing and reduces fatigue. We'll expertly fit your feet with over-the-counter arch supports or custom foot orthotics.

Cyclists

If your foot isn't aligned properly, the repetitive pedaling motion can lead to all sorts of ankle, hip and knee injuries and discomfort. Our FitKit® helps size your bike to you, aligns your cleats and pedals to maximize performance.

Team Sports

Football, soccer and basketball are just a few of the sports that introduce a variety of unique forces on your feet, ankles and knees. With proper foot stability, you can reduce your risk of injury, and enhance your ability to move quickly and precisely.

Our staff pedorthists



Our staff of Board Certified Pedorthists and trained fitters can evaluate and fill your health providers orders. Of course, we welcome walk-in customers, too! Many foot problems can be handled by our trained staff, with a proper shoe fit or one of the many over-the-counter arch supports.

David Cardillo, C.Ped.

- Staff Pedorthist at 2004 Athens Olympics
- 25 years experience in fitting skiers, cyclists, runners and other athletes
- Founder and President of Foot Performance Center
- Board Certified since 1992

Chris Costantini, C.Ped.

- Board Certified since 1993
- Pedorthic educator: *When the Shoe Fits*
- Over 15 years of experience in fitting footwear
- Manager of Foot Performance Center



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