

**Shoe Selection & Fitting**

1. Foot Types – Neutral, Flat Arch, High Arch, Flexible, Stiff
2. Shoe Type – Cushion, Stability, Motion Control
3. Last Shape – Curve, Semi-Curve, Straight
4. Last Type – Slip, Combination, Board
5. Length & Width Fitting
6. Lacing Options
7. Orthotic & Insert Issues
8. Wear Patterns
9. Video Analysis Information & Examples
10. Questions & Answers