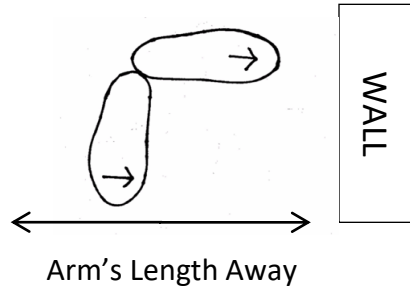


## Marin Foot and Ankle

7 North Knoll Road, Suite 3, Mill Valley, CA 94941  
Phone: 415-388-2777 Fax: 415-388-2778  
[www.marinfootandankle.com](http://www.marinfootandankle.com)

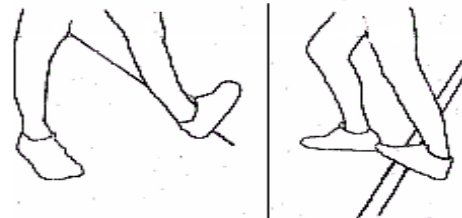
### Amazing Calf Stretch

1. Always stretch with your shoes on. Start by standing parallel with the wall, approximately an arm's length away, feet together.



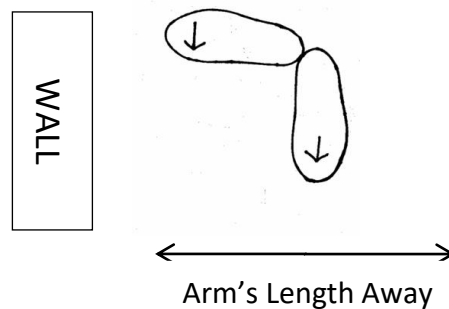
2. Make an "L" shape with your feet and bend both knees. If necessary, steady yourself by placing one hand on the wall, but do not lean against the wall.
3. Straighten and lock your knee- trying to get your heel as close to baseboard as you can. Now straighten and lock your other knee. You should be able to feel the stretch in the calf closest to the wall. Hold the stretch for 20 seconds.

Preferred method –  
heel against wall.



Bad knees?  
Bad back?  
Stand on  
edge of step,  
hold railings,  
and let heel  
dangle over  
the edge.

4. Turn and repeat using the opposite side.



5. Two reps each morning and two reps each night. Repeat as often as you can during the day especially before and after athletic activities.

**Exercise Walking/Running**

|             |  |
|-------------|--|
| Aetrex      | Edge   |
| Asics Gel   | Kayano, GT 2000  |
| Brooks      | Beast*, Ariel*, Addiction, Adrenaline, Transcend       |
| Hoka        | Gaviota, Bondi, Conquest, Stinson, Akasa               |
| Mizuno      | Wave Alchemy   |
| New Balance | 990, 1340, 1540*, 3040, 840, 860 v.6                   |
| Nike        | Structure 20   |
| Saucony     | Hurricane<br>Timp, Paradigm, Olypmus,                  |
| Altra       | Lone Peak<br>Provision (blk/brwn), Instinct (blk/brwn) |

**Walking**

|                                |                             |
|--------------------------------|-----------------------------|
| Aetrex                         | All Walkers                 |
| Brooks                         | Addiction Walker (Leather)* |
| Dunham                         | All Walkers                 |
| New Balance                    | 847, 928*, Postal 706, 1906 |
| Saucony                        | ProGrid                     |
| SAS                            | Time Out (m), Free Time (w) |
| Skechers D'Lites Ultra Reverie |                             |

**Trail Running/Light Hiking**

|             |  |
|-------------|--|
| Asics       | Kahana                                     |
| Brooks      | Adrenaline ASR                             |
| Keen        | Targhee                                    |
| Merrell     | Chameleon, Moab                            |
| Hoka        | Tor Tech Mid, Tor Ultra Hi WP, Top Speed 2 |
| New Balance | 1210                                       |

**Cross Trainers/Aerobics/Tennis**

|             |                |
|-------------|----------------|
| Adidas      | Barricade      |
| New Balance | 857,           |
| Nike        | Court Balistic |
| Prince      | Scream, T-22   |
| K-Swiss     |                |

**Basketball**

|              |                         |
|--------------|-------------------------|
| Under Armour | Curry 4                 |
| New Balance  | 581, 623                |
| Nike         | LeBron, Zoom, Hyperdunk |

**Extra-Depth Shoes**

Aetrex, Apex, Dr Comfort, Drew, Orthofeet, P.W. Minor, Soft Spot

**Dress Shoes - Women**

Aetrex, Aravon, Ariat, Beautifeel, Blend, Cole Haan, Dansko, Finn Comfort, Kumfs, Munro, Naot, Rockport, Salamander, Sanita, Selby  
 Sudini, Taryn Rose, Theresia,  
 Samuel Hubbard

**Dress Shoes - Men**

Aetrex, Allen Edmonds, Cambrian, Cole-Haan, Dansko  
 Dunham, Ecco, Kumfs, Naot, Neil M., Rockport,  
 Samuel Hubbard

**Sandals**

*sandal brands that can accommodate custom orthotics*  
 Aetrex Sandalistas, Ariat, Birkenstock, Cambrian, Dansko, Finn Comfort, Hoka, Naot, Solvee, Theresia, Vionic, Chaco, Fit-Flop, Bionica, Montrail Molokai

**Rocker-Soled Shoes**

Dansko Hoka

**Clogs and Slippers**

Crocs, Daniel Green Clogs, Finn Comfort Orb  
 Geisswan Clogs, Heflinger Clogs, Naot Iceland or Glacier  
 Stegmann Clogs, Timberland Professional Clogs  
 El Naturalista  
 (online)

**Where to Shop for Appropriate Shoes**

Arch Rival, 800 Redwood HWY #206, Mill Valley 415.383.0275  
 Clogs Unlimited, 1707 4<sup>th</sup> St., San Rafael 415.457.8151  
 Alden, 170 Sutter St., San Francisco 415.421.6691  
 Lark Shoes, 2239 Larkspur Landing Cir, Larkspur 415.461.6226  
 Nordstrom, 1870 Redwood HWY, Corte Madera 415.927.1690  
 REI, 213 Corte Madera Town Center, Corte Madera 415.927.1938  
 SF Running Co, 247 Shoreline HWY, Mill Valley 415.450.7031  
 Shoes-n-Feet, 2398 Lombard St, San Francisco 415.450.7031  
 Sole Desire, 5800 Northgate Dr. Ste 130 San Rafael 415.472.1202  
 T&B Sports, 1345 Fourth St, San Rafael 415.453.2433  
 Famous4, 96 Throckmorton Ave, Mill Valley 415.388.2550  
 DSW, 136 Vintage Way, Novato 415.897.5718

\*= Max Motion Control

