



Milestones At Play
PHYSICAL THERAPY & WELLNESS

Shoe Guide

For Added Support



Recommended Checklist



RIGID, FIRM SOLE



STURDY HEEL CUP



WIDE TOE BOX



HEEL AND TOES AT EQUAL HEIGHT



VELCRO STRAP AROUND ANKLE



TREAD ON BOTTOM



BREATHABLE MATERIAL

Additional styles available for each shoe
on the website.

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Recommended Shoes



STRIDE RITE MADE2PLAY BOLT SNEAKER



Link:

<https://www.striderite.com/products/made2play-bolt-sneaker-littlekid?variant=42640113762453>

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Recommended Shoes



STRIDE RITE MADE2PLAY ZIPS RUNNER



Link:

<https://www.striderite.com/products/made2play-zips-runner-littlekid?color=Purple>

Milestones At Play

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Recommended

Shoes



SEE KAI RUN DANE SNEAKER/HIGHTOP



Link:

<https://seekairun.com/boys/sneakers/>

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Recommended *Shoes*



TEN LITTLE EVERYDAY HIGHTOP



Link:

<https://tenlittle.com/products/everyday-high-top>

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STRIDE RITE SURF SNEAKER SANDAL



Link:

<https://www.striderite.com/products/sr-tech-surf-sneaker-sandal-littlekid>

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PLAE MAX



Link:

<https://plae.co/collections/kids-shoes/products/max-response-blush?variant=41435113881749>

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STRIDE RITE WADE SNEAKER SANDAL



Link:

<https://www.striderite.com/products/sr-tech-wade-sneaker-sandal-littlekid>

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Recommended *Shoes*



STRIDE RITE WINSLOW SNEAKER



Link:

<https://www.striderite.com/products/srtech-winslow-sneaker-littlekid?color=Navy>

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Recommended *Shoes*



PRINCEPARD KIDS ORHTOPEDIC SHOES



MOST SUPPORTIVE

Link:

<https://amzn.to/3q9xulD>

**Additional Princepard styles available on Amazon.
These have built in orthotics for arch support.**