LEXINGTON PODIATRY
THE FOOT + ANKLE SPECIALISTS

2026 LEXPOD SHOE GUIDE

Podiatrist-picked footwear & insoles from the Lexington Podiatry team



TABLE OF CONTENTS

LEXPOD SQUAD'S PICKS + PATIENT CODES	*3*
THE RUNDOWN	*4*
SHOE EVALUATION GUIDE	*5*
PICKS FOR PAIN	*7*
RUNNING	*9*
EVERYDAY + WALKING	*10*
SPORTS	*11*
BEACH, SANDALS + RECOVERY	*13*
WORK + DRESS	*14*
COMFORT, SUPPORT + ACCESSORIES	*15*
CONTACT US	*16*

Let's jump in!

Welcome to the Lexington Podiatry family! For almost two decades our team has helped Central Kentucky put its best foot forward, and the right shoe is one of the easiest ways to do it.

This guide gathers the shoes and insoles we recommend most in the office, from everyday walkers to game-day sneakers. Use it to shop with confidence, and bring your shoes to your next visit so we can check the fit.

With love from the LexPod squad



LEXPOD SQUAD'S PICKS

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The brands our team recommends to patients every day. Use these codes at checkout.

Revitalign

Supportive sandals, slides, sneakers and recovery footwear with built-in arch support.

Code **DRGRAF** · 10% off · revitalign.com

FitVille

Wide and extra-wide shoes with roomy toe boxes, great for bunions, swelling and wide feet.

Code **Graf30** · 30% off · thefitville.com

PowerStep

Podiatrist-recommended insoles and supportive slippers. Pinnacle for everyday support, ProTech for firmer control.

Code **GRAF15** · powerstep.com

Gait Happens

Toe spacers and foot-strengthening tools to build stronger, healthier feet.

Code **FREELS** · 10% off · gaithappens.com

Comfort Co

Comfort brands Mia Vita, Vitasole and Revere: boots, sneakers, sandals and slippers with wide and orthotic-friendly options.

Code **NICOLEGRAFAFF** · 15% off · comfortcoshoes.com

Modern Podiatrist

Dr. Graf's podiatrist-formulated foot care line, with a perk just for LexPod patients.

Code **LEXPODVIP** · 10% off · LexPod patients only · modernpodiatrist.com

Scan for every code + link: lexingtonkypodiatry.com/picks

Share the love! Know someone with foot pain? New patients are always welcome, and come see us at our walk-in clinic M–F, 7:45 a.m. to 5 p.m. Text 859.217.4534 or book at lexingtonkypodiatry.com/book.

THE RUNDOWN

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Lifestyle needs

For daily wear, prioritize comfort and arch support. Match the shoe to how you spend most of your day.

Shop late in the day

Feet swell as the day goes on. Try shoes on in the afternoon with the socks you will wear.

Sports specific

Running: cushioning and stability. Hiking: sturdy outsole with good grip. Court sports: lateral support. Basketball: ankle support.

Custom orthotics

Look for removable insoles and a deep heel. You may need to size up a half size, so we recommend shoe shopping after your orthotics arrive.

Replace on time

Most athletic shoes are done after 300 to 500 miles, or about 6 to 12 months of daily wear. A creased midsole or worn tread means it is time.

Common conditions

Heel pain and plantar fasciitis: arch support and a rocker sole. Flat feet: stability shoes. High arches: extra cushioning. Bunions: wide toe box.

SHOE ANATOMY

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Outsole
The rubber bottom of the shoe that touches the ground. It provides traction and durability.

Midsole
The foam layer between the outsole and your foot. It provides cushioning and most of the shoe's stability.

Upper
Everything above the sole that wraps and holds your foot in place.

Heel counter
The firm cup that wraps the back of your heel. A sturdy counter keeps your heel stable.

Heel drop
The height difference between the heel and the forefoot. Higher drops (8 to 12 mm) take pressure off the Achilles and heel.

Toe box
The front of the shoe where your toes sit. Your toes should be able to wiggle with about a thumb's width of space.

THE FEEL TEST

Twist test
Hold the shoe at both ends and twist. A stable shoe resists twisting.

Bend test
Bend the shoe at the ball of the foot. It should flex there, never in the middle.

Foot type
Know whether you are flat, neutral or high arched. Not sure? We can check at your visit.

Try them on
Walk in them on hard floors. They should feel comfortable right away, with no break-in period.

IN & OUT

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ASSESS THE OUTSOLE

Wide base
A broader outsole provides greater stability.

Firmness
Press the outsole with your thumb. It should be firm, not rigid.

Tread pattern
Look for a multidirectional tread that offers traction.

CHECK THE MIDSOLE

Material
Look for cushioning foams such as EVA or newer supercritical foams.

Heel drop
A moderate drop (6 to 10 mm) suits most people. Lower drops load the calf and Achilles more.

Stability features
Shoes labeled “stability” add guide rails or firmer foam on the inside.

EVALUATE THE UPPER

Fit
The upper should cradle the foot securely without pinching.

Material
Breathable mesh or knit offers flexibility and airflow.

Lacing
A good lacing system lets you fine-tune the fit. Ask us about heel-lock lacing.

HOW’S THE HEEL COUNTER?

Stiffness
Squeeze the heel cup. A firm counter stabilizes your heel.

Shape
It should hug the natural curve of your heel without rubbing.

859.264.1141 | LEXINGTONKYPODIATRY.COM

PICKS FOR PAIN

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The right shoe can make a big difference for heel, arch and forefoot pain. Here is what to look for and what we recommend.

HEEL PAIN

Look for

Firm arch support, generous heel cushioning, a slightly higher heel drop and a rocker sole.

WE RECOMMEND

Brooks Ghost Max + Glycerin
Plush, stable cushioning that takes pressure off the heel.

Hoka Bondi
Max cushion with a rocker sole.

ASICS Gel-Nimbus
Soft heel cushioning.

New Balance 990 + 1080
Supportive, cushioned everyday options.

PowerStep Pinnacle
Add to any shoe for extra arch support.

ARCH PAIN + FLAT FEET

Look for

Stability shoes with a firm medial (inside) midsole and room for an insole.

WE RECOMMEND

Brooks Adrenaline GTS + Glycerin GTS
GuideRails support without feeling stiff.

ASICS Gel-Kayano
Classic stability with gel cushioning.

Hoka Arahi + Gaviota
Stable, cushioned support.

Saucony Guide
Light, supportive daily trainer.

Revitalign sneakers
Built-in arch support for everyday wear.

PICKS FOR PAIN

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TOP OF THE FOOT

Look for

Soft, flexible uppers, a roomy toe box and lacing you can adjust to skip a tender spot.

WE RECOMMEND

Brooks Levitate
Soft knit upper.

Altra Escalante + Torin
Wide, foot-shaped toe box.

Saucony Kinvara
Lightweight and flexible.

FitVille
Wide and extra-wide fits.

BALL OF THE FOOT

Look for

Forefoot cushioning, a rocker sole, a wide toe box and metatarsal padding if needed.

WE RECOMMEND

Brooks Glycerin
Deep forefoot cushioning.

Hoka Clifton
Thick, light cushioning and a rocker sole.

New Balance Fresh Foam 1080
Soft forefoot.

ASICS Gel-Kayano
Support plus gel cushioning.

Skechers GO WALK
Light, roomy walking shoe.

Still hurting? Shoes help, but pain that lasts more than a couple of weeks deserves a closer look. Call 859.264.1141 or text 859.217.4534.

RUNNING

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Flexible vs. rigid rocker: what's the difference?

Flexible shoes bend with your foot's natural motion and feel great on long, easy miles. Rocker shoes have a curved sole that rolls you forward, taking pressure off the forefoot, big toe joint and heel. Not sure which you need? Ask us at your visit.

ROAD RUNNING

Brooks
Ghost, Ghost Max, Glycerin, Glycerin Max, Adrenaline GTS, Hyperion

ASICS
Gel-Nimbus, Gel-Kayano, Novablast, GT-2000

Saucony
Triumph, Ride, Guide, Kinvara, Endorphin Speed

Hoka
Clifton, Bondi, Arahi, Mach, Skyward X

New Balance
Fresh Foam X 1080, 880, 860, FuelCell Rebel

Altra
Torin, Via Olympus, Provision

TRAIL RUNNING + HIKING

Brooks
Cascadia, Caldera, Catamount

Altra
Lone Peak, Olympus, Timp

Salomon
Speedcross, XA Pro 3D, X Ultra

Hoka
Speedgoat, Challenger, Anacapa (hiking)

Merrell
Moab, Nova

Saucony
Peregrine, Xodus

KIDS' RUNNING

Brooks
Ghost and Adrenaline GTS in kids' sizes

New Balance
Fresh Foam 880, 1080

Nike
Pegasus, Revolution

Saucony
Kinvara, Ride

EVERYDAY + WALKING

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Brooks
Ghost Max, Glycerin, Adrenaline GTS, Addiction Walker (great for long shifts)

Comfort Co
Mia Vita and Vitasole sneakers and walkers, wide and orthotic-friendly options

New Balance
Fresh Foam X 1080, 860, 928 walker

FitVille
Wide and extra-wide walkers

Revitalign
Maia Sneaker, Gaia 2.0 Sneaker, Montauk Marley

Hoka
Clifton, Bondi, Transport

Aetrex + Vionic
Built-in arch support for casual wear

Rockport
DMX walking styles

KIDS' EVERYDAY

New Balance
574, 990, Fresh Foam

Adidas + Nike
Supportive, lace-up sneakers over flat canvas styles

Brooks + Saucony
Kids' sizes of their running lines

DR. GRAF'S TIP

Bring the shoes you wear most to your next visit. The wear pattern on the sole tells us a lot about how you walk.

SPORTS

CROSS TRAINING + GYM

Nike
Metcon

Reebok
Nano

New Balance
Minimus TR

Adidas
Dropset

BASKETBALL

Nike
LeBron, Giannis Freak, G.T. Hustle, Tatum

Adidas
Anthony Edwards (AE)

Puma
MB (LaMelo Ball)

Under Armour
Curry

New Balance
TWO WXY

GOLF

FootJoy
Pro/SL, HyperFlex

Adidas
Tour360, CodeChaos

Nike
Air Zoom Victory Tour

Under Armour
Drive Pro

Callaway
Solana, Coronado

> Kids' basketball and golf: most of these lines come in youth sizes. Look for ankle support and a snug heel.

GAME, SET, MATCH!

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TENNIS

Adidas
Barricade, Adizero Ubersonic

ASICS
Gel-Resolution, Court FF

New Balance
FuelCell 996, 696

Nike
Vapor, GP Challenge

Wilson
Rush Pro

PICKLEBALL

ASICS
Gel-Renma, Gel-Resolution

Adidas
Barricade, Gamecourt

K-Swiss
Hypercourt, Express Light

New Balance
FuelCell 996

Skechers
Viper Court

Wilson
Rush Pro

Use a court shoe for court sports. Running shoes are built to move forward, not side to side, and can lead to rolled ankles.

DR. GRAF'S TIP

Warm up for five minutes before you play, and replace court shoes as soon as the tread starts to wear smooth.

SANDALS + RECOVERY

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SUPPORTIVE SANDALS

Revitalign
Yumi flips, Yumi Adjustable, Kholo slides, Montauk sandals

Comfort Co
Bowie Slide and Vitasole sandals

OluKai
Ohana, Tuahine

Teva
Hurricane XLT, Tirra

Vionic
Tide, Rest

Chaco + Keen
Water-friendly options

RECOVERY SLIDES

Revitalign Fusion
Fusion Strive and Fusion Energy recovery slides

OOFOS
OOahh, OOriginal

Hoka
Ora Recovery

Brooks
Glycerin Max for long days on your feet

> Skip flat flip-flops for all-day wear. Look for a contoured footbed, a deep heel cup and a strap that holds your foot.

DR. GRAF'S TIP

Slip into a supportive recovery slide first thing in the morning. Those first steps out of bed are the hardest on heel pain.

WORK + DRESS

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WORK BOOTS (SAFETY TOE)

Red Wing
Durable leather, safety toe options

Timberland PRO
Pit Boss, anti-fatigue footbed

Keen Utility
Waterproof, roomy toe box

Wolverine
Shock-absorbing, slip resistant

Caterpillar
Second Shift

Blundstone
Slip-on with shock-absorbing sole

DRESS SHOES

Women
Vionic, Taos, Dansko, Ecco, Naot, Aetrex, Revitalign, Comfort Co, Rockport

Men
Allen Edmonds, Clarks, Cole Haan, Johnston & Murphy, Ecco, Rockport, Dunham, Orthofeet, SAS

> Nurses, teachers and anyone on their feet all day: Brooks Addiction Walker, Hoka Bondi or Dansko clogs plus a PowerStep insole.

DR. GRAF'S TIP

On concrete all day? Rotate two pairs of work shoes so the cushioning can recover between shifts.

COMFORT + SUPPORT

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BUILT-IN ARCH SUPPORT

Revitalign
Sandals, slides and sneakers

Comfort Co
Mia Vita, Vitasole, Revere

Vionic + Aetrex
Casual and dress

Hoka + OOFOS
Recovery

REMOVABLE INSOLES (ORTHOTIC FRIENDLY)

Shoes
Aetrex, Finn Comfort, Naot, Orthofeet, Taos, Brooks, New Balance, Comfort Co

COZY SLIPPERS

Slippers
PowerStep, Vionic, Haflinger, Revitalign, Comfort Co

ARCH SUPPORTS

Adults
PowerStep Pinnacle and ProTech

Kids
PowerStep kids, Quadrastep

Custom
Custom orthotics made in our office

MOISTURE-WICKING SOCKS

Our favorites
Feetures, Balega, Darn Tough, Smartwool, Wrightsock, Thorlo, Drymax

> Diabetic or sensitive feet? Ask us about seamless diabetic socks and extra-depth shoes.



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We're here to help

Choosing the right shoe can make a world of difference. If your pain sticks around, we're just a call, text or click away.

CALL
859.264.1141

TEXT
859.217.4534

BOOK ONLINE
lexingtonkypodiatry.com/book

VISIT
2700 Old Rosebud Rd, Suite 250
Lexington, KY 40509

HOURS
Monday to Friday
7:45 a.m. to 5 p.m.

WALK-IN CLINIC
M–F, 7:45 a.m. to 5 p.m.
No appointment needed

Scan for the LexPod squad's latest picks and patient codes.