


Products for the Foot & Ankle

Product:	Helps with:	Cost:	Product:	Helps with:	Cost:
ASO Ankle Stabilizer brace 	Soft brace for ankle sprains or instability. "Speed Lacer" version is similar but easier to tighten (& higher cost). Swede-O ankle braces provide similar options.	\$60 - 75	Ortho Active Ankle brace 	Semi-rigid hinged brace for ankle sprains or instability.	\$45-80
Insoles 	Mild cushioning, heel & arch support. Different styles and models available. Recommended brands: Sole or Superfeet.	\$40 - 70	Toe Spacers 	Prevents or reduces pressure points between the toes (ex. bunions, crossing toes).	\$2 - 6
Spring plate 	Rigid insert to make the sole of a shoe stiffer. Typically carbon fiber; can be heat molded or ground to size, depending on material.	\$120/ insole	Gel Toe Sleeve 	Cushions pressure points (ex. hammer/claw toe, crossing toes)	\$4 - 5
Heel Cups 	Cushions sore heels or heel spurs. Ex's of brands: Tuli, Spenco, Dr. Scholl's	\$8-20	Metatarsal Pads 	Takes pressure off the bones under the ball of the foot (metatarsal heads).	
Bunion splint 	Holds big toe straight; may be helpful for flexible (i.e. moveable) bunions. Different products available from different stores. Ex's: Aircast Bunion Aid, Bauerfeind ValguLoc Splint, Epitact Sport	\$10-70	Hammer Toe Crest 	Gel or cloth support for toes that claw or cross over (may be called hammer toe, claw toe, mallet toe).	\$8 - 20

Many products can also be purchased online from sites such as: www.performancehealth.com, www.ncmedical.com and www.amazon.ca, although shipping costs may vary. To avoid paying shipping, check with your local medical supply company to see if they can custom order the product you are looking for.

Where to Buy:

The following companies sell the products listed above, specialty or comfort shoes, make orthotics and/or perform custom shoe modifications, such as balloon patches for pressure points or inserting plates to create a rigid sole. Call ahead to confirm product or service.

Company Name	Address	Phone
Burnaby Orthopedic & Mastectomy	#300-6411 Nelson Avenue, Burnaby	604-436-6092
Davies Pharmacy	1401 St. Georges Avenue, North Vancouver	604-985-1481
Fit First Footwear	3713 Kensington Avenue, Burnaby	604-299-8851
Foot Solutions	#184 - 8120 No 2 Rd, Richmond 2620 West Broadway, Vancouver	604-272-7751 604-267-7463
Kintec Footlabs	1201- West Broadway, Vancouver 975 Marine Drive, North Vancouver #280-6091 Gilbert Road, Richmond Other locations: www.kintec.net/locations	604-736-3338 604-980-5633 604-274-3668
LadySport	3545 West 4 th Avenue, Vancouver	604-733-1173
McCue Drugs	#100 - 8120 Cook Road, Richmond	604-278-9601
Ossur Motion Lab	#105 – 11331 Coppersmith Way, Richmond #213 – 145 W 15th Street, North Vancouver #2 – 2316 McCallum Road, Abbotsford	604-241-8152 604-241-8152 604-241-8152
Paris everyBODY	1861 West Broadway, Vancouver Other locations: www.pariseverybody.com/locations	604-736-6537
The Quick Cobbler	430 West 2 nd Avenue, Vancouver	604-682-6354
Regency Prescriptions	#100 – 6091 Gilbert Road, Richmond	604-273-5544
The Right Shoe	1601 West 4th Avenue, Vancouver #9-5901 Broadway, Burnaby	604-737-6014 604-299-0207
SmartMove Medical	www.smartmovemedical.com	1-866-827-6782
Vancouver Orthopedic Group	GF Strong Rehab Centre, 4255 Laurel St, Vancouver (basement)	604-877-1700
West Coast Pedorthics	#160-6111 River Road, Richmond (Richmond Oval) Other locations: www.westcoastpedorthics.ca	604-244-8825

Disclaimer:

Please note this is not an exhaustive list of equipment suppliers. For detailed information of local medical suppliers, please consult your area telephone directory.