



## Products for the Foot & Ankle

Product:	Helps with:	Cost:	Product:	Helps with:	Cost:
<b>ASO Ankle Stabilizer brace</b> 	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	<b>Ortho Active Ankle brace</b> 	Semi-rigid hinged brace for ankle sprains or instability.	\$45-80
<b>Insoles</b> 	Mild cushioning, heel & arch support. Different styles and models available. Recommended brands: Sole or Superfeet.	\$40 - 70	<b>Toe Spacers</b> 	Prevents or reduces pressure points between the toes (ex. bunions, crossing toes).	\$2 - 6
<b>Spring plate</b> 	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	<b>Gel Toe Sleeve</b> 	Cushions pressure points (ex. hammer/claw toe, crossing toes)	\$4 - 5
<b>Heel Cups</b> 	Cushions sore heels or heel spurs. Ex's of brands: Tuli, Spenco, Dr. Scholl's	\$8-20	<b>Metatarsal Pads</b> 	Takes pressure off the bones under the ball of the foot (metatarsal heads).	
<b>Bunion splint</b> 	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	<b>Hammer Toe Crest</b> 	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](http://www.performancehealth.com), [www.ncmedical.com](http://www.ncmedical.com) and [www.amazon.ca](http://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.

<b>Company Name</b>	<b>Address</b>	<b>Phone</b>
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 1836 Marine Drive, West Vancouver 2620 West Broadway, Vancouver #105-2748 Lougheed Hwy, Port Coquitlam	604-272-7751 604-925-2282 604-267-7463 604-552-3655
Kintec Footlabs	1201- West Broadway, Vancouver 975 Marine Drive, North Vancouver #280-6091 Gilbert Road, Richmond Locations in Langley, Surrey, Port Moody, Maple Ridge, Abbotsford & Squamish.	604-736-3338 604-980-5633 604-274-3668
LadySport	3545 West 4 <sup>th</sup> 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 Orthotics & Sportmed Vancouver	1861 West Broadway, Vancouver Paris Orthotics locations in North Vancouver, Port Coquitlam, Surrey & Langley also.	604-736-6537
The Quick Cobbler	430 West 2 <sup>nd</sup> Avenue, Vancouver	604-682-6354
Ralph's Shoe Service	#148B – 9855 Austin Road, Burnaby	604-421-0692
Regency Pharmacy	#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
Sportmed	#1005 - 3713 Kensington Avenue, Burnaby #114 - 3200 Westwood Street, Port Coquitlam #1 - 20349 88 Avenue, Langley	604-570-0855 604-942-4938 604-882-6510
Vancouver Orthopedic Group	#124 West 8 <sup>th</sup> Avenue, Vancouver	604-877-1700
West Coast Pedorthics	#160-6111 River Road, Richmond #102-15303 31 <sup>st</sup> Avenue, South Surrey	604-244-8825 604-538-8338

### ***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.*