

# PEDORS SHOES

## GERIATRIC FOOTWEAR

---

A presentation on the importance of appropriate footwear for seniors to increase mobility, wellness, independence and to minimize fall risk and hospitalization incidence



# 65%

lower risk for all-cause  
mortality when walking  
12,000 steps per day  
compared with 4,000 steps.

# 51%

for 8,000 steps per day  
compared with 4,000 steps.

## STATISTICS

---

MARCH 2020 - JOURNAL OF THE  
AMERICAN MEDICAL ASSOCIATION

A study by the National Institute On Aging, a division of the U.S. National Institutes of Health, along with the National Cancer Institute (NCI) and The Centers for Disease Control and Prevention found that higher daily step counts were associated with lower mortality risk from all causes.

# THE KEY TAKEAWAY

---

“At NIA, we’ve long studied how exercise is important for older adults, and it’s good to see further evidence from a large study with a broad sample that the main thing is to get moving for better overall health as we age,” said Eric Shiroma, Ph.D., a co-author and NIA Intramural Research Program scientist.

Independence - a key consideration when evaluating overall quality of life in seniors - is linked inextricably to mobility.

Fitting appropriate and affordable therapeutic footwear to seniors that are experiencing challenges in finding comfortable shoes that not only help to improve mobility but also reduce the risk of fall, is key for overall well-being.

# WHO / WHAT ARE PEDORS?

---

## FANTASTICALLY FUNCTIONAL FOOTWEAR™

Since 1997 Pedors Shoes has been designing “Fantastically Functional Footwear” and is recognized as the leading shoe brand for seniors with special foot care needs.

The main feature of Pedors shoes is an upper made from a proprietary blend of neoprene and EVA called Pedoprene™.

Pedoprene™ stretches to accommodate forefoot deformities and also gives some compression to help reduce edema.

Further, Pedoprene has the remarkable property of being a four-way stretch material that is also heat-moldable.

# Features Common To Most Pedors® Styles

## Removable Insoles

Great for those using the Pedors® 3P Insoles, Genext® Active Orthotics or custom orthotics.

## Touch Closures

Fantastic for adjusting the fit throughout the day and making it easy to place feet in the shoes

## Pedoprene™ Stretch Uppers

Heat moldable, seamless stretch uppers accommodate diabetes, arthritis, bunions, and other forefoot deformities

## Super-Lightweight

Canvas Backs and EVA Soles

## Soft Toe-Box (no toe-cap)

Extra-depth soft toe-box limits rubbing & abrasions

## Two-Piece Construction Sole

Easy modification for leg-length discrepancy and rocker soles

## Toe Spring

Reduces risk of trips and falls



# WHO WEARS PEDORS?

---

Pedors are worn primarily by people suffering from swollen feet, edema, lymphedema, diabetes, peripheral neuropathy, arthritis, CMT, PAD, PVD, bunions, hammertoes and corns.

Finding shoes that have enough volume inside the shoe for swelling or to accommodate an orthopedic or therapeutic device is a main reason why people turn to Pedors.

The increase in the incidence of phlebologic and lymphologic diseases such as varicosis, thrombophlebitis, phelbothrombosis, chronic venous insufficiency, primary and secondary lymphedema has resulted in increased demand for accommodative therapeutic footwear.

# THE RIGHT FITS TO AVOID TRIPS

---

For people wearing a bandage, a wrap, a sleeve, an orthotic or even a brace, the key for getting the right fit is to get the right width in a shoe.

Often the width is determined by how much girth is required which is dictated by the amount of swelling in the foot - or the amount of additional girth that is required to accommodate the device being used in the shoe.

A common mistake is for people to fit shoes that are much longer in length than needed, in the belief that by doing so, the shoe will become more voluminous and provide more accommodation.

This results in ill-fitting shoes and increases the risk of tripping, fall and injury and can also lead to other issues related to ill-fitting footwear, for example ulcers for diabetic patients.

# THE PEDORTHIST'S VIEW

---

BOB TOTH, C.PED.

“As a Pedorthist of 30 years, I see many individuals that benefit from Pedors footwear, especially nursing home residents. The Pedors shoe has many great benefits for patients in this environment.

1. The shoes are lightweight with a velcro closure that is a feature requested by many.
2. The soft, wide, high toe box design allows room and no pressure on toe deformities or swelling.
3. The feature of being machine washable is great for cleaning the shoes for incontinence accidents or food spills. Many of the patients that I have delivered Pedors shoes to, have often asked for another pair on returning appointments.”



pendors®  
Various Styles &  
Colors Available



# PEDORS IN THE LTC ENVIRONMENT

As a clinician, I like working with Pedors because the shoe provides appropriate pressure relief for residents with compromised skin. I believe our residents like wearing Pedors because they are comfortable and lightweight. **Bill B, PT**

I initially was introduced to Pedors when I was working at an Assisted Living Facility years ago. They worked out very well, washable, sturdy, easy to get on and off, etc. Price point and selection are good. Everyone orders on-line and I have had no problems with delivery, etc. I am in a position working with elderly, dementia residents, etc., and this is the product I recommend and purchase. **DM, Case Manager**

We like working with Pedors because we can pay by check or credit card depending on the situation. Our residents like wearing Pedors because the footwear accommodates many foot problems, they're lightweight, they clean easily, and come in a variety of colors. **DOS**

# HOW TO GET STARTED

---

## THE RESIDENT20 PROGRAM

The easiest way is to look around on [Pedors.com](https://www.pedors.com) to see which products are suitable for your residents needs.

When placing an order simply enter the checkout code: **RESIDENT20**

You can elect to pay by check (we will invoice you) or by credit-card.

The **Resident20** program provides:

- 20% off the cost of the order
- Free Shipping
- Free Return Shipping
- Free Exchange Shipping

# QUESTIONS?

---

WE'RE HERE TO HELP

**1-800-750-6729**  
**SUPPORT@PEDORS.COM**

OR VISIT  
**WWW.PEDORS.COM**