

Hruska Clinic Recommended Shoe List for 2012

(Listed Alphabetically)

Asics 2170 (Stability, M-L)
Asics Evolution (Motion Control, M-L)
Asics Fortitude (Stability, M-L)
Asics Foundation (Stability, M-L)

Brooks Addiction (Motion Control, L)
Brooks Adrenaline 12 (Stability, S-M)
Brooks Dyad (Neutral/Stability, S-M-L)
Brooks Ghost 4 (Neutral, M-L)
Brooks Glycerin (Neutral, S-M)
Brooks Ravenna (Neutral, S)
Brooks Trance 10 (Stability, M-L)

Mizuno Wave Rider 15 (Neutral, S-M)

New Balance 840 (Neutral/Stability, M-L)
New Balance 860V2 (Stability, M-L)
New Balance 883 (Neutral, S-M-L)
New Balance 1123 (Motion Control, L)

Saucony Echelon 2 (Neutral/Stability, S-M-L)
Saucony Pro-Guide 5 (Stability, S-M-L)
Saucony Ride (Neutral, S-M)
Saucony Stabil (Motion Control, L)

Signs of a Good Shoe:

- Heel should feel stable when you walk or run
- Ability to find and feel the arch of the shoe
- Ability to push off your big toe when walking or running
- MINIMAL to NO give in outer heel counter

Motion Control: Good for flat feet

Stability: Good for medium/low arch feet and PRI orthotics in some cases

Neutral: Good for high arch feet and best with PRI orthotics

S-M-L-: Indicates the frame of the individual the shoe can support
(example S would support a small frame person)

Asics shoes insole color: Blue = cushion/neutral Red = motion control Yellow = stability

Walking Shoes (black)

Asics 2170
Asics Foundation
Brooks Addiction
Brooks Adrenaline

Trail Shoes

Brooks Cascadia

Speed Work

Saucony Mirage 2