

Hruska Clinic Recommended Shoe List for 2011

(Listed Alphabetically)

Running & Walking Shoes

Asics 2160 (Stability, S-M)

Asics Evolution (Motion Control, M-L)

Asics Fortitude (Stability, M-L)

Asics Foundation (Stability, M-L)

Asics Kayano 17 (Stability, S-M-L)

Brooks Addiction (Motion Control, L)

Brooks Dyad (Neutral, S-M-L)

Brooks Ghost 4 (Neutral, S-M)

Brooks Glycerin (Neutral, S-M-L)

Brooks Ravenna (Neutral, S) ("rocker" and good shoe for orthotic)

Brooks Trance 10 (Stability, S-M-L)

New Balance 860 (Stability, M-L)

New Balance 1012 (Motion Control, L)

Saucony Omni (Stability, S-M-L)

Saucony Pro-Guide 4 (Stability, S-M-L)

Saucony Ride (Neutral, S-M)

Saucony Stabil (Motion Control, M-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

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

Walking Shoes

Asics Foundation Walker

Brooks Addiction Walker

New Balance 840

Trail Shoes

Brooks Cascadia

Speed Work (light weight)

Asics DS Trainer

PRI therapists: There is no shoe that is perfect for everyone. When evaluating shoes, be sure to look for the signs of a good shoe above. Most importantly, make sure your patients can **maintain neutrality with PRI tests with their shoes.**