Hruska Clinic Recommended Shoe List for 2012
(Listed Alphabetically)

Asics 2170 (Stability, M-L)
Asics Cumulus (Neutral, S-M)
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 Trance 11 (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 1012 (Motion Control, L)

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

Signs of a Good Shoe:
• Heel should feel stabile 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