HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2014

<table>
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<th>STABILITY</th>
<th>NEUTRAL</th>
<th>MOTION CONTROL</th>
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| Asics Fortitude  
*A Asics GT 2000  
Brooks Transcend  
Saucony Guide 7 (shallow heel depth) | *Asics Cumulus  
Brooks Dyad 8  
*Brooks Ghost 7  
Brooks Glycerin  
New Balance 840 V2 (rocker) | Asics Foundation  
Brooks Addiction  
New Balance 1340  
New Balance 928 (can order from Running Company, good for tibia varum or calcaneal instability) |

- **Caution with patients that have increase calcaneal inversion/supination/tibial varum**
- New Balance 840 V2 also available in a walking shoe in either white or black

**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

**Signs of a Poor Shoe:**
- Shoe bends in the toe box easily and not in the middle of the shoe. Toe box bend should not be too stiff
- Heel counter does not fold in

**Signs of a Good Shoe:**
- No outside heel give

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