## HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2015

### STABILITY
- Nike Structure Triax 18
- Asics Fortitude
- Brooks Transcend 2
- *Saucony Guide 8 (shallow heel depth)*
- *Brooks Adrenaline 15*
- *Saucony Omni 14*

### NEUTRAL
- Brooks Dyad 8
- Brooks Glycerin 13
- Saucony Triumph

### MOTION CONTROL
- Asics Foundation 12
- Brooks Addiction
- New Balance 1340
- New Balance 928 (can order from Running Company, good for tibia varum or calcaneal instability)
- New Balance 1540 V2 (most stable)

- **Caution with patients that have increase calcaneal inversion/supination/tibial varum**
  - Neutrality in the pelvis with PRI tests determines which shoe works for the patient.

### 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
- No outside heel give
- Heel height should be symmetrical

### Signs of a Good Shoe:
- Heel counter does not fold in

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Running Company located at 1213 Q Street, Lincoln, NE and can be reached at (402) 474-4557

Red Dirt Running Company located at 7701 Pioneers, Lincoln, NE and can be reached at (402) 904-4648

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