HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2015

**STABILITY**

- Nike Structure
- Asics Fortitude
- *Asics GT 2000 3
- Brooks Transcend 2
- *Saucony Guide 8 (shallow heel depth)
- *Brooks Adrenaline 15
- *Saucony Omni 13

**NEUTRAL**

- *Saucony Ride 7
- Brooks Dyad 8
- Brooks Glycerin 12
- Saucony Triumph

**MOTION CONTROL**

- Asics Foundation 8
- 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.

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**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.

**Signs of a Good Shoe:**

- Heel counter does not fold in.
- Heel height should be symmetrical.

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