

HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2015

STABILITY

Nike Structure
 Asics Fortitude
 *Asics GT 2003
 Brooks Transcend 2
 *Saucony Guide 8 (shallow heel depth)
 *Brooks Adrenaline 15
 *Saucony Omni 13

NEUTRAL

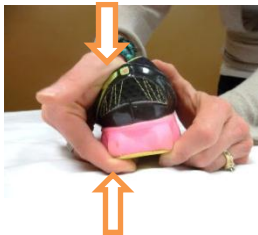
*Saucony Ride 7
 Brooks Dyad 8
 Brooks Glycerin 12
 Saucony Triumph

MOTION CONTROL

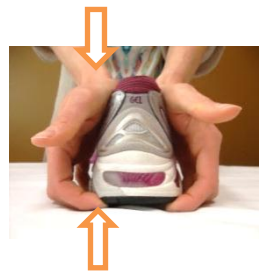
Asics Foundation 8
 Brooks Addiction
 New Balance 1340
 New Balance 928 (can order from Running Company, good for tibia varum or calcaneal instability)
 New Balance 1540 V2 (most stable)

- ****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.

Signs of a Poor Shoe:



Signs of a Good Shoe:



Heel counter does not fold in

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