

HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2014

STABILITY

Asics Fortitude
 *Asics GT 2000
 Brooks Transcend
 Saucony Guide 7 (shallow heel depth)

NEUTRAL

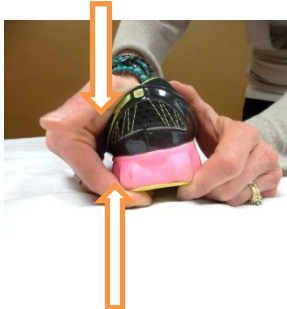
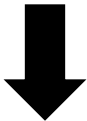
*Asics Cumulus
 Brooks Dyad 8
 *Brooks Ghost 7
 Brooks Glycerin
 New Balance 840 V2 (rocker)

MOTION CONTROL

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:



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