

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

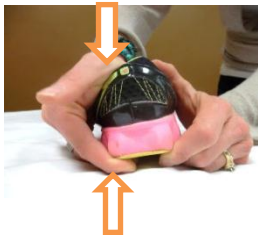
Brooks Dyad 8
 Brooks Glycerin 13
 Saucony Triumph

MOTION CONTROL

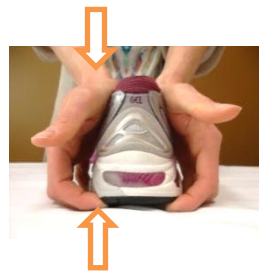
Asics Foundation 12
 Brooks Addiction
 New Balance 1340
 New Balance 928 (can order from
 Running Company, good for
 tibia varum or calcaneal instability)
 New Balance 1540 V2 (most stable)

- **“*” 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:



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

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