



RECOMMENDED SHOE LIST WINTER 2019

Information provided by
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CUSHION

New Balance 1080 (v8)
Brooks Transcend 5
Brooks Glycerin 16
Brooks Ghost 11
Asics Cumulus 20
Brooks Levitate 2
New Balance 880 V8

GUIDANCE

New Balance 1080 v8/9
Brooks Transcend 5
Asics Fortitude 8
Asics 2000-6
Asics 3000/4000
Brooks Adrenaline 18
Brooks Bedlam
New Balance 860 V9

CONTROL

Asics Foundation 13
Saucony Omni ISO
Saucony Echelon 6

Limited 1st Ray

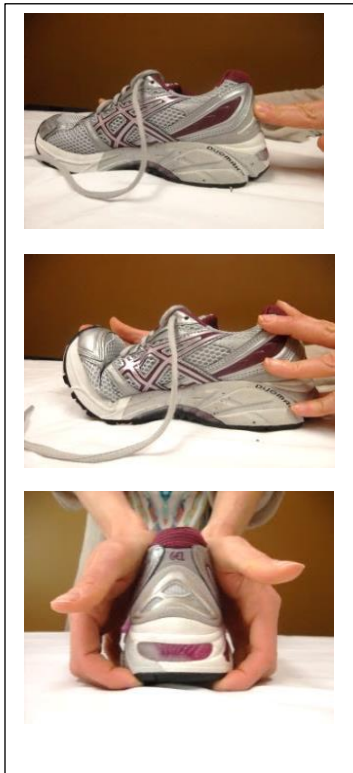
Hoka Arahi (stability)
Hoka Clifton 5 (rocker)
Hoka Gaviota (stability)

Italicized Indicate Neuro-sensory shoes

Bold indicated Heel Stability

**Neutrality with PRI tests after walking in shoe determines which shoe works for each patient. **

Quality of a Good Shoe

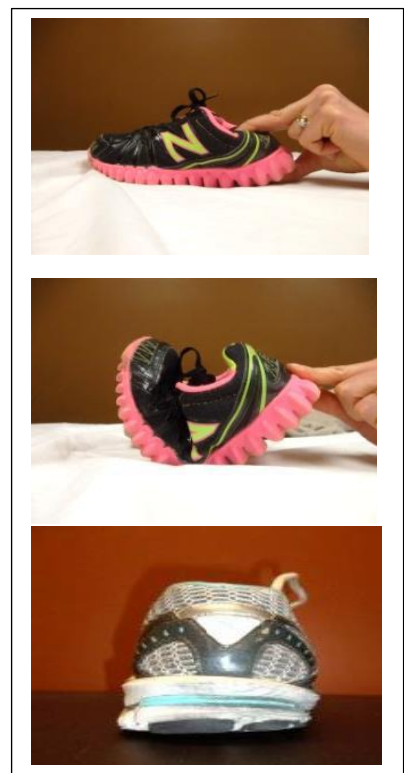


Heel counter does not fold in

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 and the heel height should be symmetrical

Quality of a Poor Shoe



**When walking you should be able to sense stability of the heel throughout the gait cycle as well as arch support/contact as you step through and push off your big toe.