



RECOMMENDED SHOE LIST WINTER 2019

Information provided by
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CUSHION

Brooks Ghost 11
Asics Cumulus 20
Brooks Levitate 2
Brooks Glycerin 16
New Balance 880 V9

GUIDANCE

Asics 2000-7
Asics 3000/4000
Brooks Dyad 10
Brooks Ravenna
New Balance 840 V4
Brooks Bedlam
Saucony Echelon 7

CONTROL

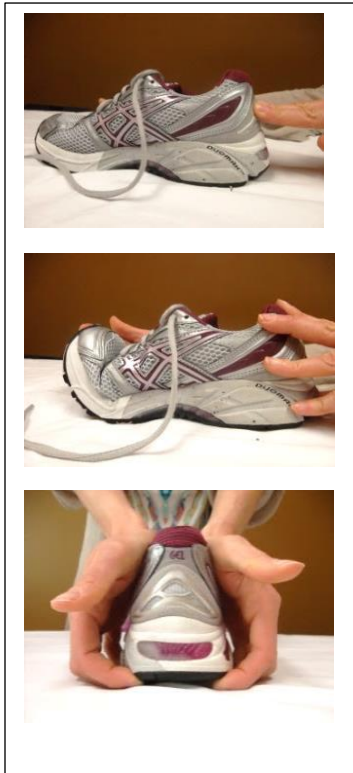
Asics Foundation 13
Brooks Adrenaline 19
Brooks Transcend 6
New Balance 860 V9
Saucony Omni ISO

Limited 1st Ray

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

Italicized Indicate Neuro-sensory shoes
Bold indicated Heel Stability
Shoes preferred by the Clinic Staff

Quality of a Good Shoe

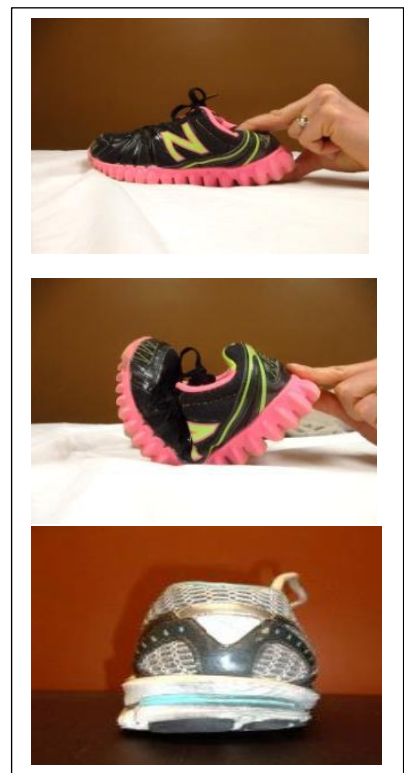


Heel counter does not fold in

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.