



**RECOMMENDED SHOE LIST SPRING 2020**

Information provided by  
© Hruska Clinic, Lincoln, NE, 2020

**CUSHION**

Asics Cumulus 20  
Brooks Ghost 12  
Brooks Levitate 3  
New Balance 880 V10

**GUIDANCE**

Asics Nimbus 22  
Brooks Dyad 11  
Brooks Ravenna  
New Balance 840 V4  
Saucony Echelon 7

**CONTROL**

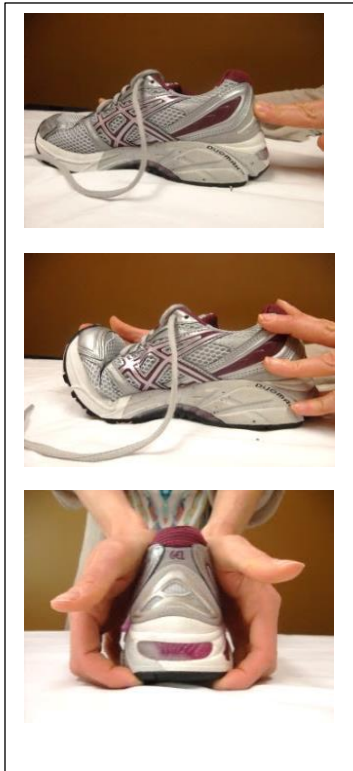
Asics Kayano 26  
Brooks Adrenaline 20  
Brooks Transcend 7  
Saucony Omni ISO

**Limited 1<sup>st</sup> Ray**

Hoka Arahi 4 (stability)  
Hoka Clifton 6 (rocker)  
NB 1080 10

**Bold and underline best for PRI Orthotics**  
Shoes preferred by the Clinic Staff

**Quality of a Good Shoe**

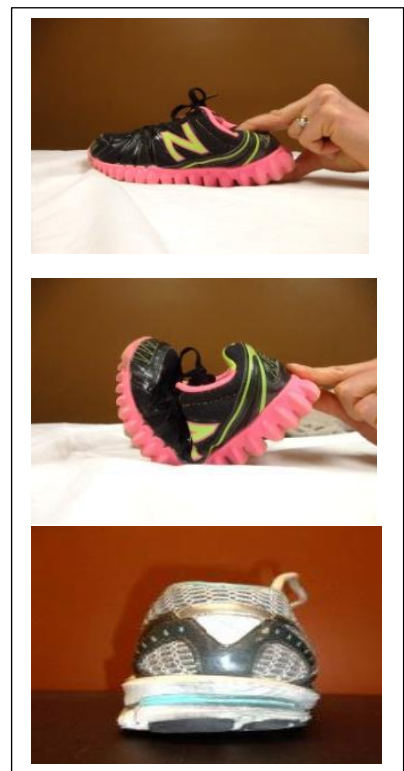


Heel counter does not fold in

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.