



## RECOMMENDED SHOE LIST SPRING 2021

As you may notice, the Integrative Footwear list this year is designed differently. There is a new section focusing on shoes that are designed to have the most impact on our body position and forward locomotion with correct reciprocal and alternating movement in both arms and legs. These shoes offer the more reference from the floor through the heel, arch, and toes for correct gait pattern.

### Integrative Footwear List

**Asics Nimbus 23**

Asics GT 4000

**Brooks Dyad 11**

**Brooks Addiction 14**

**Brooks Addiction Walker Suede**

#### Cushion (High Arch)

Asics Cumulus 22

**Asics Nimbus 23**

**Brooks Dyad 11**

Brooks Ghost 13

Brooks Glycerin 19

#### Guidance & Control (Avg. to Low Arch)

Asics Kayano 27

Asics GT 4000 v2

**Brooks Addiction 14/Walker Suede**

Brooks Adrenaline 21

Brooks Glycerin GTS

(light weight individual)

#### Limited 1<sup>st</sup> Ray mobility / Early Heel Rise (Rocker Show)

Hoka Arahi 5 (avg mid-foot)

Hoka Bondi 7 (rigid mid-foot)

Hoka Clifton 7 (avg to low arch)

New Balance 1080 v10

**BOLD = Top Recommendation**

Underline = Best with PRI Orthotics

### Shoe Shopping Tips

1. Your shoes should feel comfortable right away. You should not feel like you need to “break them in”
2. You should be able to sense or feel your heel, arch and big toes on both feet while walking
3. Standing on your left leg with left arm forward and right arm back, you should be able to sense your entire left foot on the floor (heel, arch and toes)
4. Standing on your right leg with right arm forward and left arm back, you should be able to sense your entire right foot on the floor (heel, arch and toes)
5. Your Physical Therapist should ensure this is YOUR shoe by having negative scores on the PRI objective tests of the pelvis, thorax and neck.

#### Run n Fun offers a 20% discount!

**Woodbury:** 779 Bielenberg Drive Woodbury, MN 55125

**St Paul:** 868 Randolph Ave St Paul, MN 55102

**Burnsville:** 14240 Plymouth Ave Burnsville, MN 55337

## Qualities 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

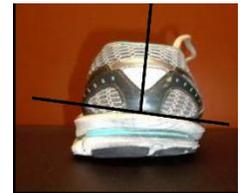
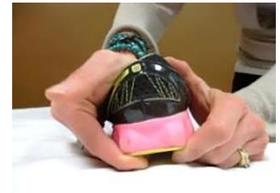
Heel height should be symmetrical

Heel cup should match width of your heel bone

Heel height should be well above your heel bone

Upper shoe structure (vamp) should have more than 1 piece of material

## Qualities 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.\*\***