



RECOMMENDED SHOE LIST WINTER 2021/2022

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.

Cushion (High Arch)

Asics Cumulus 23

Asics Nimbus 23

Brooks Glycerin 19

Brooks Levitate 5

Saucony Echelon 8

Guidance & Control (Avg. to Low Arch)

Asics Kayano 28

Brooks Addiction 14/Walker Suede

Brooks Adrenaline 22

Brooks Levitate GTS 5

Limited 1st Ray mobility / Early Heel Rise (Rocker Show)

Hoka Arahi 5 (avg mid-foot)

Hoka Bondi 7 (rigid mid-foot)

Hoka Clifton 8 (avg to low arch)

New Balance 1080 v11

**BOLD = Top
Recommendation**

Underline = Best with PRI
Orthotics

Additional Shoe Recommendations: _____

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

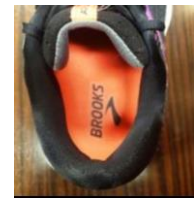
Heel height should be symmetrical

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.****