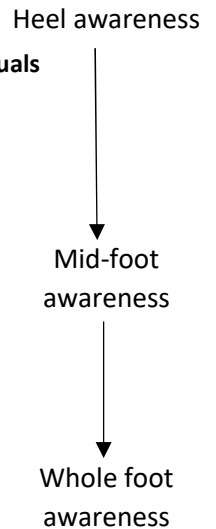




RECOMMENDED SHOE LIST SPRING 2023

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.

- ❖ **Asics Cumulus 24 (MESH):** Best heel counter for heel awareness and patients with ankle instability (*high arch category*). ****Caution heavy heel strikers and larger framed individuals with medial/lateral heel give.**
- ❖ **Brooks Adrenaline 22:** Great overall shoe for average arch individuals for heel, arch, and big toe sense during the gait cycle (*average arch category*).
- ❖ **New Balance 860 V 13:** Great overall shoe for average arch individuals for heel, arch, and big toe sense during the gait cycle with a wider toe box (*average arch category*)
- ❖ **Brooks Dyad 11:** Best shoe to assist with floor sense. The liner assists patients to feel the floor under the shoe vs. the foot inside the shoe (*average heel and arch*).



Additional Choices (good shoes but not our top choices)

BOLD = Top Recommendation

Underline = Best with PRI Orthotics

Rigid Mid-Foot (high arch)

- Brook Ghost 15
- New Balance 880 V 13

Laxed Mid-Foot (Low arch)

- Brooks Addiction 15
- Brooks Addiction Walker Suede
- Saucony Omni 21
- Asics 4000 V3

Semi-Rigid Mid-Foot (average to low arch)

- Brooks Adrenaline 22
- New Balance 860 V 13
- Saucony Guide 16

Limited 1st Ray Mobility/Early Heel Rise (rocker)

- Hoka Arahi 6 (average mid-foot)
- Hoka Bondi 7 (rigid mid-foot)
- Hoka Clifton 8 (average to low arch)
- Honka Gaviota 4 (average to low arch)
- Brooks Glycerin 20 (Rigid Mid-foot/No guiderails)
- Brooks Glycerin GTS 20 (Semi-rigid Mid-foot/ guiderails)

Additional Shoe Recommendations: _____

TC Running Co offers a discount for Kinetic Physical Therapy Patients!

Woodbury: 779 Bielenberg Drive Woodbury, MN 55125

St Paul: 868 Randolph Ave St Paul, MN 55102

Burnsville: 14240 Plymouth Ave Burnsville, MN 55337

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) – same with the opposite side
4. Your Physical Therapist should ensure this is the best shoe for YOU by testing your pelvis, thorax, and neck – ask Run N Fun if you can borrow a pair (or pairs) for your PT to test you in before purchasing

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

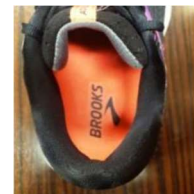
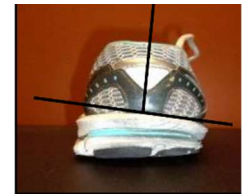
Heel height should be symmetrical

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.****