



## RECOMMENDED SHOE LIST WINTER 2024/25

Information provided by

© Hruska Clinic Restorative Physical Therapy, Lincoln, NE, 2024

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 more reference from the floor through the heel, arch, and toes for correct gait pattern.

### Integrative Footwear List

**Brooks Adrenaline (GTS) 24:** Great overall shoe for average arch to sense heel, arch and big toe in gait cycle

#### Rigid Mid-Foot (High Arch)

Asics Cumulus 26  
Brooks Glycerin 22  
Brooks Ghost 16  
Brooks Ghost Max 2

#### Semi-Rigid (Average to Low arch)

Asics Kayano V 31  
Brooks Adrenaline GTS 24  
Brooks Glycerin GTS 22

#### Laxed Mid-Foot (low arch)

Asics GT 2000 V12  
Brooks Addiction 15  
Brooks Ariel GTS 23 (women)  
Brooks Beast GTS 23 (men)

#### Rocker Shoes: (Only for Limited 1<sup>st</sup> Ray Motion)

Hoka Arahi 7 (average mid-foot)  
Hoka Bondi 8 (rigid mid-foot)  
Hoka Clifton 9 (average to low arch)

Underline Shoe Work Best with PRI Orthotics

TC Running 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

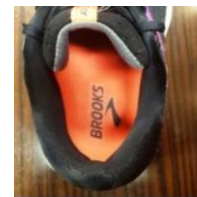
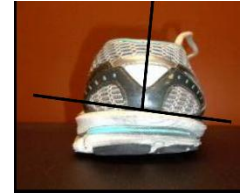
Heel height should be symmetrical

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.\*\***