

Hruska Clinic Recommended Shoe List for 2011

(Listed Alphabetically)

Asics 2160 (Stability, M-L)

Asics Evolution (Motion Control, M-L)

Asics Foundation (Stability, M-L)

Asics Nimbus 12 (Neutral, S)

Brooks Addiction (Motion Control, L)

Brooks Dyad (Neutral, S-M-L)

Brooks Ravenna (Neutral, S) ("rocker" and good shoe for orthotic)

Mizuno Wave Rider 14 (Neutral, S-M)

New Balance 860 (Stability, M-L)

New Balance 883 (Neutral, S-M-L)

New Balance 1123 (Motion Control, L)

Saucony Pro-Guide 4 (Stability, S-M-L)

Saucony Stabil (Motion Control, L)

Signs of a Good Shoe:

- Heel should feel stable when you walk or run
- Ability to find and feel the arch of the shoe
- Ability to push off your big toe when walking or running
- **MINIMAL** to **NO give** in outer heel counter