

# HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2014

## STABILITY

Asics Foundation (also Motion Control)  
 Asics GT 2000  
 Brooks Transcend  
 Brooks Ravenna 4 (rocker/ narrow heel)  
 New Balance 860 V4  
 Saucony Guide 7 (rocker)

## NEUTRAL

\*Asics Cumulus  
 Asics Fortitude (also Stability)  
 Brooks Dyad  
 \*Brooks Ghost 6  
 New Balance 840 V2 (rocker)  
 New Balance 880 V3  
 Saucony Ride 6

## MOTION CONTROL

Brooks Addiction  
 New Balance 1340  
 New Balance 928 (can order from  
 Running Company, good for  
 tibial varum or calcaneal instability)

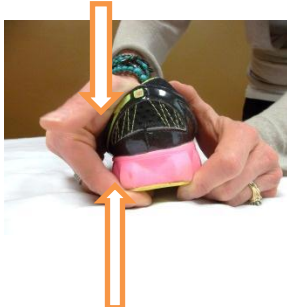
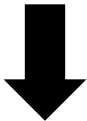
- **\*\*Caution with patients that have increase calcaneal inversion/supination/tibial varum**
- New Balance 840 V2 also available in a walking shoe in either white or black

**Motion Control:** Good for flat feet

**Stability:** Good for medium/low arch feet and PRI orthotics in some cases

**Neutral:** Good for high arch feet and best with PRI orthotics

### Signs of a Bad Shoe:



### Signs 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

