



HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2016

CUSHION

<u>New Balance 1080 (v6)</u>
<u>Brooks Transcend 3</u>
<u>Brooks Glycerin 13</u>
Brooks Ghost 8
Brooks Dyad 8
Brooks Ravenna 7
Asics Cumulus 17
Saucony Triumph 2
Nike Lunar Glide 7

GUIDANCE

<u>New Balance 1080 (v6)</u>
<u>Brooks Transcend 3</u>
Asics 2000-4
New Balance 840 V3
Saucony Echelon 5
*Saucony Omni 14 (<i>caution: slight lateral heel give</i>)

CONTROL

<u>Asics Foundation 12</u>
Brooks Addiction 12
New Balance 1340
New Balance 928 (<i>good for tibial varum or calcaneal instability</i>)
New Balance 1540 V2 (<i>most stable</i>)

Hruska Clinic Top Recommendations (in bold and underlined)

****Neutrality with PRI tests after walking in shoe determines which shoe works for each patient.****

Cushion and guidance categories work best with PRI orthotics

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.

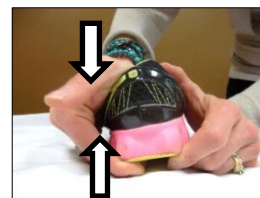


No outside heel give



Heel height should be symmetrical

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.**

Lincoln Running Company located at 1213 Q Street, Lincoln, NE and can be reached at (402) 474-4557
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