SHOE RECOMMENDATIONS 2015

NOTE:

Shoes on this list have the following features:
- Anti-pronation
- Torsional Stability
- Removable Insole
- Firm Heel Counter
- Firm Medial Midsole
- Neutral (high arch)

Exercise Walking / Running

<table>
<thead>
<tr>
<th>Brand</th>
<th>Model</th>
<th>Size</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Balance</td>
<td>1540* 1012* 587* 860 993 1260 940</td>
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<tr>
<td>Asics</td>
<td>Evolution Forte Foundation Evolution</td>
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<td>Etonic</td>
<td>Stable Pro</td>
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<tr>
<td>Brooks</td>
<td>Beast* / Ariel* Addition Adrenaline Vapor</td>
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<tr>
<td>Saucony</td>
<td>Grid Stabil* Omni Hurricane</td>
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<tr>
<td>Adidas</td>
<td>Adistar Control Supernova Sequence</td>
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<tr>
<td>Aetrex</td>
<td>Rhino Runner Boss Runner</td>
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</tbody>
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Walking: www.FootAnkleStore.com

Rockport: Pro Walker DMX
New Balance: 928 812 846 1004 956 978
Brooks: Addiction Walker (Leather)
Saucony: Grid Stabil
Aetrex: all walkers
OrthoFeet: Multiple models. See at www.FootAnkleStore.com

Trail Run / Walking / Light Hiking

Merrill: Chameleon Refuge
Brooks: Adrenaline ASR
Patagonia: Drifter
Montrail: Mountain Masochist

Cross Trainers / Tennis

K-Swiss: Differ-miSOLE Stabilor
Nike: Court Ballistic
New Balance: 871 856 1004 (tennis)
Adidas: Response Competition

Basketball

Nike Air: LeBron Zoom Hyperdunk
Adidas: Howard
New Balance: 891 907

Sandals: *can accept a custom orthotic
- Naot®
- Finn Comfort®
- Dansko Cambriann®
- Kumfs®
- Aetrex Sandalistas®
- Birkenstock if removable insole
- Vionic Flip-flops / Sandals www.FootAnkleStore.com

*Maximum Control

Dress Shoes—Women: Flats, Clogs, Casual
- Rockport
- Aetrex
- Ariat
- Dansko
- Ecco
- Wolky
- Munro
- Sanita
- Nickels
- Aravon
- Naot
- Dunham
- Sudini
- Earlehs
- Thersis

Healthy fashion shoes can be found at www.LuckyGirlShoes.com

Dress Shoes—Men:
- Rockport
- Hush Puppies
- Neil M.
- Dansko
- Kumfs
- Dunham
- Timberland
- Ecco
- Allen Edmonds
- Naot
- Cole-Haan
- Aetrex OrthoFeet (www.FootAnkleStore.com)

Extra Depth

Apex Aetrex PW Minor Acor Sequoia Orthofeet Drew Comfortrite (Depth shoes at SHOES-n-FEET, Wide Shoes, Chicks)

Rockers Soles: www.FootAnkle.com/Rockersole-Shoes.htm

Slippers: www.FootAnkle.com/Womens-Slippers.htm

Cross Haflinger Daniel Green Clogs Merrill Slides Stegmann

Viont: www.footankle.com/shoe-therapy/womens-cozy-orthotic-slippers/

Socks—avoid cotton socks www.FootAnkleStore.com

Juco Silver Thor-Lo Cool-Max Smartwool Jobst WrightSock

Insoles: To go under orthotic after removing sockliner

Dr. Scholls: Air Pillow Insole Spenco: Flat Insole SofSole

OTC Arch Supports: www.FootAnkle.com/off-the-shelf.htm

ProLab P3 Prefab (www.FootAnkleStore.com)
PowerStep Medical Grade (www.FootAnkleStore.com)
Superfeet Green (Available at stores below and online)
Spenco: Orthotic Arch Support Polyorb (Pharmacies, shoe stores)
Diabetic Insoles: Apex AntiShox In-Step Tri-layer (shoe stores below)
Three Tests to Determine Motion Control/Anti-Pronation

1. Torsional Rigidity
   - Excessive Torsion / Twist

2. Heel Counter Rigidity
   - Grasp just above midsole
   - "Soft" Heel Counter
   - "Rigid" Heel Counter

3. Flexion Stability
   - "Good" Flexion in Forefoot
   - "Bad" Flexion - Bends at Midfoot

** A shoe must NOT torque/twist or flex in the middle or "midfoot" and have a "rigid/stiff" heel counter to qualify as a moderate to excellent motion control/anti-pronation shoe **

You want your shoe to bend the same place your foot bends, at your toes. A rigid/stable shoe absorbs forces that would otherwise be transmitted through your foot.