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TAMPA BAY SPORTS  
MEDICINE CENTER

**FOOT & ANKLE SURGERY**  
DIPLOMATE, AMERICAN BOARD  
OF PODIATRIC SURGERY

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[www.drrunyon.com](http://www.drrunyon.com)

**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**

New Balance: 1540\* 1012\* 587\* 860 993 1260 940  
Asics Gel: Evolution Forte Foundation Evolution  
Etonic: Stable Pro  
Brooks: Beast\* / Ariel\* Addiction Adrenaline Vapor  
Saucony: Grid Stabil\* Omni Hurricane  
Adidas: Adistar Control Supernova Sequense  
Aetrex: Rhino Runner Boss Runner

**Walking: [www.FootAnkleStore.com](http://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](http://www.FootAnkleStore.com)

**Trail Run / Walking / Light Hiking**

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

**Cross Trainers / Tennis**

K-Swiss: Difier-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 <sup>^</sup>can accept a custom orthotic**

♦ Naot<sup>^</sup> ♦ Finn Comfort<sup>^</sup> ♦ Dansko Cambrian<sup>^</sup> ♦ Kumfs<sup>^</sup>  
♦ Aetrex Sandalistas<sup>^</sup> ♦ Birkenstock if removable insole  
♦ Vionic Flip-flops / Sandals [www.FootAnkleStore.com](http://www.FootAnkleStore.com)

**Dress Shoes—Women : Flats, Clogs, Casual**

♦ Rockport ♦ Aetrex ♦ Ariat ♦ Dansko ♦ Ecco  
♦ Wolky ♦ Munro ♦ Sanita ♦ Nickels ♦ Aravon  
♦ Naot ♦ Dunham ♦ Sudini ♦ Earthies ♦ Theresa  
♦ Healthy fashion shoes can be found at [www.LuckyGirlShoes.com](http://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](http://www.FootAnkleStore.com))

**Extra Depth**

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

**Rocker Soles: [www.FootAnkle.com/Rockersole-Shoes.htm](http://www.FootAnkle.com/Rockersole-Shoes.htm)**

PW Minor Hoka Dansko Altra: Olympus

**Slippers: [www.FootAnkle.com/Womens-Slippers.htm](http://www.FootAnkle.com/Womens-Slippers.htm)**

Cros Haflinger Daniel Green Clogs Merrill Slides Stegmann  
Vionic: [www.footankle.com/shoe-therapy/womens-cozy-orthotic-slippers/](http://www.footankle.com/shoe-therapy/womens-cozy-orthotic-slippers/)

**Socks—avoid cotton socks [www.FootAnkleStore.com](http://www.FootAnkleStore.com)**

Juzo 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

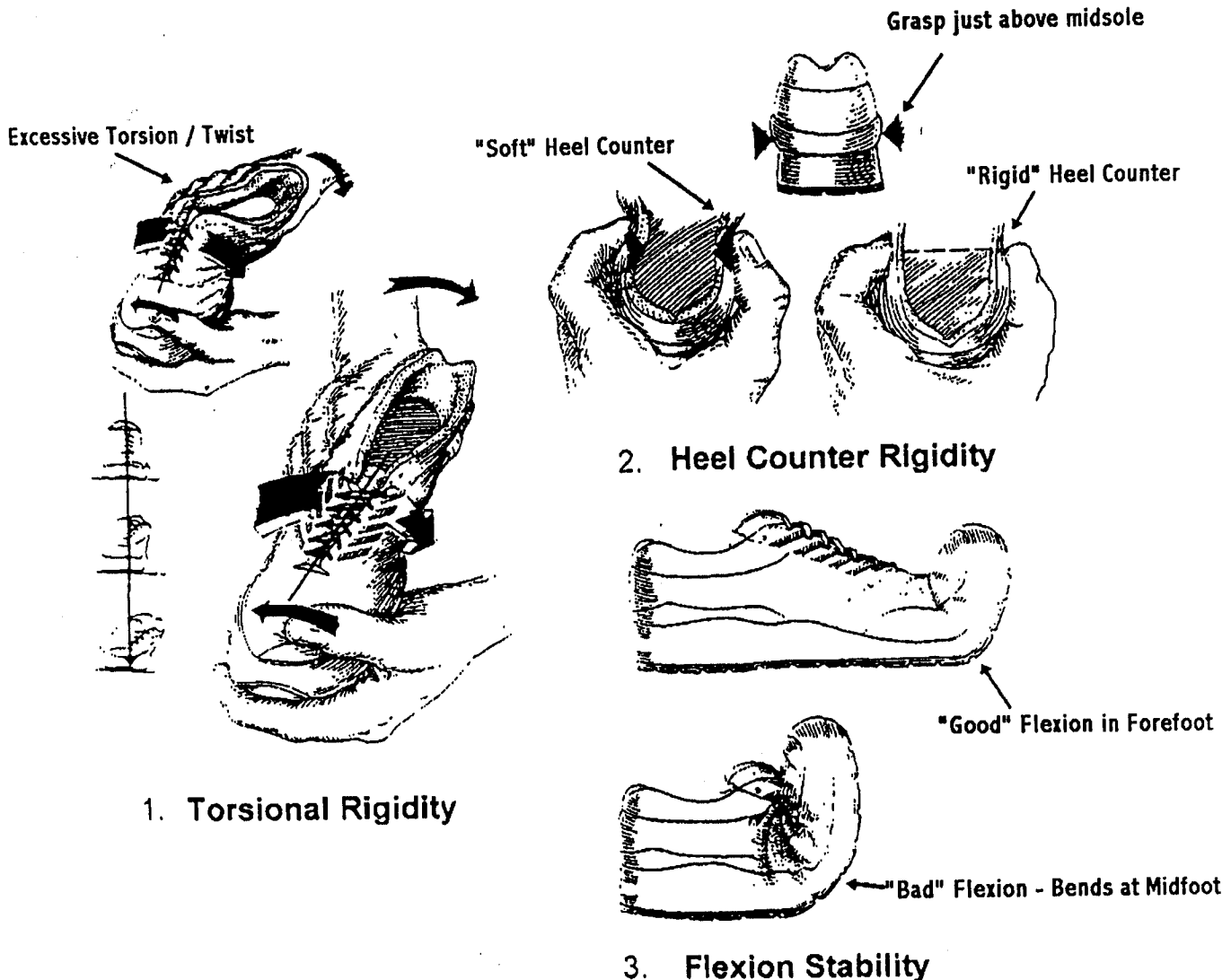
**OTC Arch Supports: [www.FootAnkle.com/off-the-shelf.htm](http://www.FootAnkle.com/off-the-shelf.htm)**

ProLab P3 Prefab ([www.FootAnkleStore.com](http://www.FootAnkleStore.com))  
PowerStep Medical Grade ([www.FootAnkleStore.com](http://www.FootAnkleStore.com))  
Superfeet Green (Available at stores below and online)  
Spenco: Orthotic Arch Support Polysorb (Pharmacies, shoe stores)  
Diabetic Insoles: Apex AntiShox In-Step Tri-layer (shoe stores below)

\*Maximum Control

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## Three Tests to Determine Motion Control/Anti-Pronation



**\*\* 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.