

HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2017

CUSHION

<p><u>New Balance 1080 V7</u> <u>Brooks Transcend 4</u> <u>Brooks Glycerin 14</u> (great with orthotics) Altra Paradigm 2 (rocker/cushion) Altra Torin 2.5 (decrease medial support) Brooks Ravenna 8 New Balance 880 V6</p>

GUIDANCE

<p><u>New Balance 1080 V7</u> <u>Brooks Transcend 4</u> Altra Provision 3.0 (mid-foot guide) Asics 2000-5 Asics Kayano 23 Brooks Dyad 9 New Balance 860 V7</p>
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CONTROL

<p><u>Asics Foundation 12</u> Brooks Addiction 12 Saucony Echelon 5</p>
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Hruska Clinic Top Recommendations (in bold and underlined)

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

Altra Shoes are zero drop. Sense heels and transition into these shoes if appropriate.

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.

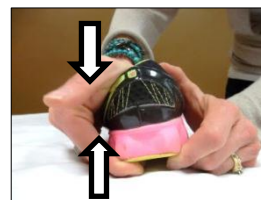
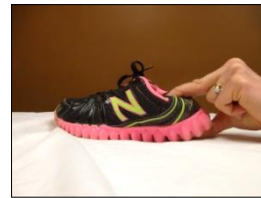


No outside heel give



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
 Red Dirt Running Company located at 7701 Pioneers, Lincoln, NE and can be reached at (402) 904-4648
 Scheels Sport Goods located at 27th and Pine Lake, Lincoln, NE and can be reached at (402) 420-9000