

# HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2019

## Rigid Mid-foot (high arch)

Asics Cumulus 20  
Brooks Ghost  
Brooks Levitate 2  
New Balance 880 V9

## Laxed Mid-foot (low arch)

Brooks Adrenaline 19  
Brooks Transcend 6  
 Brooks Bedlam  
New Balance 860 V9  
 Saucony Omni ISO

## Semi-Rigid Mid-foot (average arch)

Asics GT 2000-7  
 Brooks Dyad 10  
 Brooks Ravenna 10  
 New Balance 840 V4  
 Saucony Echelon 7

## Neuro-Sensory Shoes (cushion)

Brooks Adrenaline 19  
 Brooks Glycerin 16  
Brooks Transcend 6  
NB 860 V9

## Heel Stability

Asics GT 2000-7  
Asics Cumulus 20  
Brooks Adrenaline 19

## Limited 1<sup>st</sup> Ray mobility

Hoka Arahi  
 Hoka Clifton  
 MBT (on-line)

Shoes preferred by Hruska Clinic Staff     Shoes that work well 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.

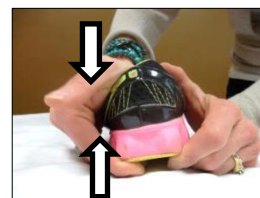


No outside heel give



Heel height should be symmetrical

### Qualities of a Poor Shoe:



1. Your shoes should feel comfortable right away. If you feel like you have to "break them in," it's not your shoe.
2. When walking you should be able to "sense" your heel, arch and big toe.
3. Your P.T. will make sure PRI objective tests are negative with your new footwear.
4. You can use the above criteria when looking for any type of shoe. Casual, walking, basketball, etc.

Lincoln Running Company located at 1213 Q Street, Lincoln, NE and can be reached at (402) 474-4557  
 Fleet Feet Company located at 7701 Pioneers, Lincoln, NE and can be reached at (402) 904-4648  
 Scheels Sport Goods located at 27<sup>th</sup> and Pine Lake, Lincoln, NE and can be reached at (402) 420-9000