HRUSKA CLINIC RECOMMENDED SHOE LIST

The right shoe can make or break your program. Every time you stand up, your whole body is influenced by your feet. The proper shoe can provide more control of the heel bone and arch, sensory guidance for proper gait mechanics, and/or cushion to sense the foot's impact on their body.

Your PRI Trained Therapist should ensure the shoe you have is <u>YOUR</u> shoe with PRI objective tests of your pelvis, thorax, <u>and</u> neck.

<u>Hruska Clinic Integrative Footwear List's Top Shoes</u>

Heel awareness

☐ **<u>Asics Cumulus 24 (MESH):</u>** Best heel counter for heel awareness and patients with ankle instability. (high arch category) ****Caution heavy heel strikers and larger framed individuals with medial/lateral heel give.**

☐ **<u>Brooks Adrenaline 22:</u>** Great overall shoe for average arch individuals for heel, arch, and big toe sense during the gait cycle. (average arch category)

Mid-foot awareness

☐ **<u>Brooks Dyad 11:</u>** Best shoe to assist with floor sense. The liner assist patients to feel the floor under the shoe versus the foot inside of the shoe. (average heel and arch)

☐ **<u>Brooks Glycerin 19 (NOT GTS):</u>** Best "rocker" shoe to assist patients to move through heel, arch and toes.

Whole foot awareness

<u>Additional Choices (good shoes but not our top choices)</u>

<u>Rigid Mid-Foot (high arch)</u>

☐ New Balance 880 V12

~~☐ Asics Nimbus 24~~

<u>Laxed Mid-Foot (low arch)</u>

☐ Brooks Addiction 15

☐ Brooks Addiction Walker Suede

<u>Semi-Rigid Mid-Foot (average to low arch)</u>

☐ Asics Kayano 28 (*Caution some lateral heel give)

☐ New Balance 860 V12

☐ Saucony Eschelon 8

☐ Saucony Guide 14

<u>Limited 1st Ray mobility/Early Heel Rise</u> (rocker shoe)

☐ Hoka Arahi 6 (average mid-foot)

☐ Hoka Bondi 7 (rigid mid-foot)

☐ Hoka Clifton 8 (average to low arch)

<u>Underlined shoes above are all compatible with PRI orthotics</u>

10% off discount from the following Lincoln, Nebraska Businesses

Fleet Feet: located at 7701 Pioneers, Lincoln, NE and can be reached at (402) 904-4648

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

Scheels: located at 27th and Pine Lake, Lincoln, NE and can be reached at (402) 420-9000

<u>Additional Shoe Recommendations:</u>

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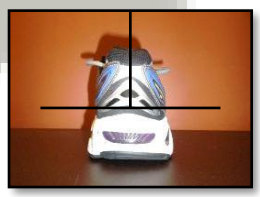
HRUSKA CLINIC SHOE LIST GUIDELINES

There are certain qualities that we look for in a shoe to determine if it will be on our shoe list. These qualities are based on the mechanics and sensory input that we want our patients to have when they put the shoe on to ensure that their entire body can maintain appropriate position and balance while they stand and walk. The build of the shoe can help or harm that appropriate sense or biomechanics. All shoes on the Hruska Clinic shoe list have these qualities, however this list is not an exhaustive list of all "good" shoes possible. The same qualities should be used to determine if any shoe, basketball, hiking, casual wear, etc. are "good". The number one quality for any shoe is its ability to keep your entire body neutral as determined by your PRI Trained therapist.

Tips for shoe shopping:

- Your shoes should feel comfortable right away. You should not feel like you need to "break them in."
- Tighten the shoelaces from the bottom up. Shoes should be tied tight enough that you need to untie them to take your shoes off. This should help hold your foot in the shoe.
- When walking you should be able to "sense" your heel, arch, and big toe on both feet
- Your heel bone should not slip up and down in the shoe when you walk
- If you stand and balance on each foot with your opposite leg in front of you (as if you took a step) you should be able to balance and sense your heel, arch and big toe on the ground all at the same time. If you can't sense all 3 together the amount of support of that shoe is not ideal for you.

If you are looking for **any** shoe here are some qualities to look for and to avoid.

GOOD EXAMPLES		POOR EXAMPLES
	Heel counter does not collapse in	
	Shoe bends in the toe box easily and not in the middle of the shoe. Toe box bend stiffness okay with limited first ray mobility or early heel rise.	
	Limited outside heel give.	
	Heel support should be vertical (not tipped).	

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