

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 1st Ray mobility

Hoka Arahi
 Hoka Clifton
 MTB (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.

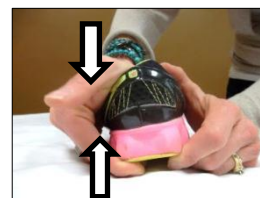


No outside heel give



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