

Shoe List by Mark T. Reeves, DPM

VIRGINIA MASON SPORTS MEDICINE



Running Shoes (Motion Control/Anti-Pronation)

Cushion/Neutral

ASICS

- Cumulus 17 (M/W)
- Nimbus 17 (M/W)
- Kinsei 5 (M/W)

Brooks

- Glycerin 13 (M/W)
- Ghost 8 (M/W)
- Dyad 8 (M/W)

HOKA

- Bondi 4 (M/W)
- Stinson 3 (M/W)
- Stinson 3 ATR (M/W)

Mizuno

- Wave Rider 19 (M/W)
- Wave Creation 17 (M/W)

New Balance

- 840v3 (M/W)
- 880v5 (M/W)

Nike

- Air Max (M/W)

ON

- Cloudcruiser (M/W)

Saucony

- Ride 8 (M/W)

Mild Motion Control

Adidas

- SuperNova Sequence Boost 8 (M/W)

ASICS

- Kayano 22 (M/W)
- Fortify (M/W)

Brooks

- Adrenaline GTS 16 (M/W)
- Transcend 3 (M/W)

Mizuno

- Creation 16 (M/W)
- Inspire 12 (M/W)

New Balance

- 860v6 (M/W)
- 1340v2 (M/W)

Nike

- Lunarglide 7 (M/W)
- Structure 19 (M/W)

Saucony

- Guide 9 (M/W)
- Hurricane ISO 2 (M/W)

Moderate Motion Control

ASICS

- Foundation 12 (M/W)

Brooks

- Addiction 12 (M/W)

New Balance

- 1260v5 (M/W)

Saucony

- Omni 14 (M/W)

Maximum Motion Control

Brooks

- Beast 14 (M) or Ariel (W)

New Balance

- 1540v2 (M/W)

Tennis used as Cross-Trainers

ASICS

- Gel-Resolution 6 (M/W)***

Adidas

- Barricade Boost (M/W)**

K-Swiss

- BigShot 2.5 (M/W)**

New Balance

- 1296v2 (M/W)***, 806 (M/W)

Nike

- Lunar Ballistec 1.5 (M)**
- Vapor 9.5 (M/W)

Prince

- T-22 (M/W)**

Walking Shoes

Brooks

- Addiction Walker (M/W)**

New Balance

- 928 (M/W)***
- 847v2 (M/W)***, 813 (M/W)*

Basketball Shoes

Adidas

- D Rose 6 (M)***
- D Rose 773 (M)**

And1

- Xcelerate Mid (M)**

Nike

- LeBron 13 or Soldier 9 (M)***

Day Hikers and Trail Running Shoes

ASICS

- GT 2000 3 Trail (M/W)**

Brooks

- Adrenaline ASR 12 (M/W)***

HOKA

- TOR Ultra High (M/W)

Keen

- Targhee II (M/W)***

Merrell

- Chameleon Prime or Moab (M/W)**

New Balance

- 969 (M/W)***

Patagonia

- Drifter (M/W)***

Clogs and Casual Shoes

Alegria

- Dress Casual, Sandal (W)

Dansko

- Professional ***
- Professional XP ***

Sandals

Chaco

- Z1 or Z2

Keen

- Newport or Venice

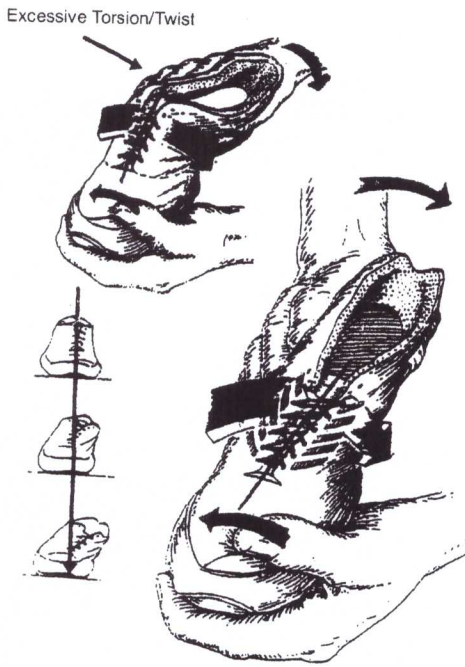
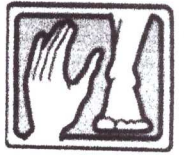
Over-the-Counter Orthotics

- Arch Molds®
- Biosoft®
- ProLab®
- Quickstride®
- Sof Sole Custom®
- Superfeet®

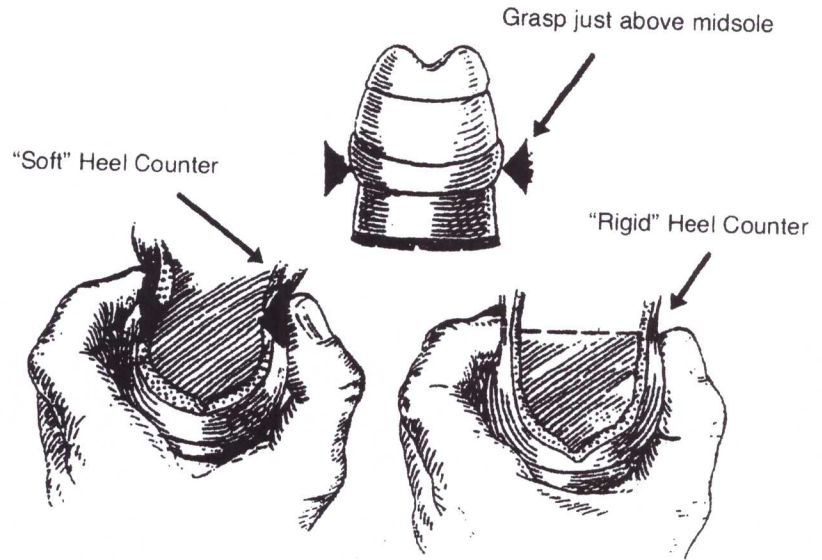
*** Maximum motion control in category

** Moderate motion control in category

* Mild motion control in category

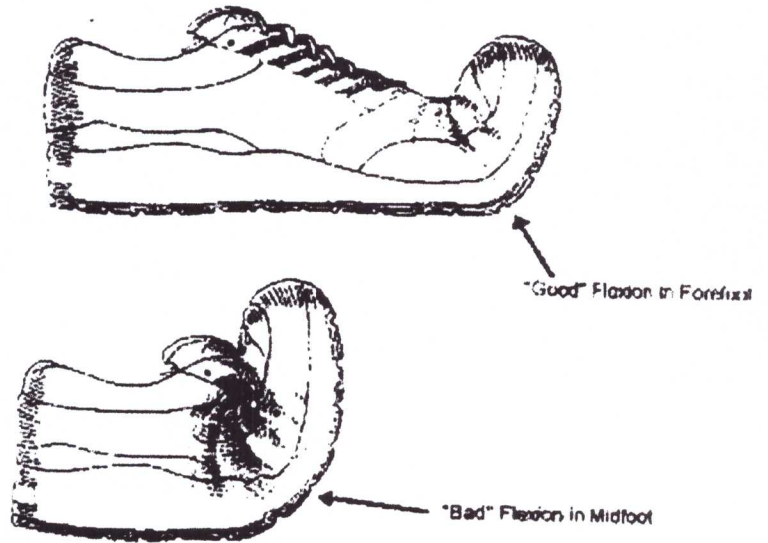


1. Torsional Rigidity



2. Heel Counter Rigidity

◆ A shoe must NOT twist or flex in the middle “midfoot” in addition to having a rigid/stiff heel counter to qualify as a moderate to excellent motion control and anti-pronation shoe



3. Flexion Stability

Shoes available at:

- American Foot Comfort Center 1670 Myrtle Avenue Eureka (707) 445-8690
- Annie's Shoes 3005 F Street Eureka (707) 445-8612
- Big 5 Sporting Goods 3240 Broadway Street Eureka (707) 444-3682
- Jogg'n Shoppe 1090 G Street Arcata (707) 822-3136
- North Soles Footwear 853 H Street Arcata (707) 822 1231
417 2nd Street Eureka (707) 268 0320
- Picky Picky Picky 600 E Street Eureka (707) 444-9201
- Plaza Shoe Shop 699 G Street Arcata (707) 822-1125
- Strehl's Family Shoes & Repair 1155 Main Street Fortuna (707) 725-2610