

# HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2018

## Rigid Mid-foot (high arch)

Asics Cumulus 20\*  
Brooks Ghost  
Brooks Levitate (narrow)  
New Balance 880 V8

## Laxed Mid-foot (low arch)

Brooks Adrenaline 18  
Brooks Transcend 5  
New Balance 860 V8  
Saucony Omni ISO

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

Asics GT 2000-6  
Brooks Dyad 10  
New Balance 840 V4  
Saucony Echelon 6

## Neuro-Sensory Shoes (cushion)

New Balance 1080 V8  
Brooks Glycerin 16\*  
Brooks Transcend 5

## Heel Stability

Asics GT 2000-6  
Asics Cumulus 20\*  
Asics Foundation

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

Hoka Arahi  
Hoka Clifton  
MTB (on-line)

\*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.

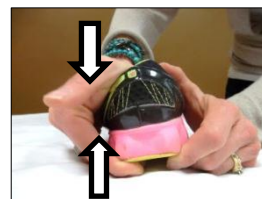


No outside heel give



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