

HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2020

~~Rigid Mid-Foot (high arch)~~

~~Asics Cumulus 21~~

~~Brooks Ghost 12~~

~~Brooks Levitate 3~~

~~New Balance 880 V9~~

Semi-Rigid Mid-Foot (average arch)

Asics Nimbus 22

Brooks Dyad 10

Brooks Ravenna 10

New Balance 840 V4

Saucony Echelon 7

Laxed Mid-Foot (low arch)

Asics Kayano 26

Brooks Adrenaline 20

Brooks Transcend 6

Saucony Omni ISO

~~Limited 1st Ray mobility (rocker shoes)~~

~~Hoka Arahi 2~~

~~Hoka Clifton 6~~

~~NB 1080 10~~

Hruska Clinic Top Recommendations (underlined) **Best Suited for PRI Orthotics (bold and underlined)**

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.

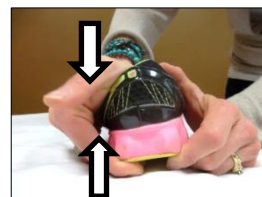


No outside heel give



Heel height should be symmetrical

Qualities of a Poor Shoe:



- Your shoes should feel comfortable right away. You should not feel like you need to “break them in.”
- When walking you should be able to “sense” your heel, arch, and Big Toe.
- Your Physical Therapist should ensure this is YOUR shoe with PRI objective tests

HRUSKA CLINIC PRIME SHOE LIST 2020



Asics Cumulus 21

- Most Narrow Heel Counter
- Most Vertical Heel Counter
- Firm Sole
- Average Toe Box Width
- Works well with Orthotics



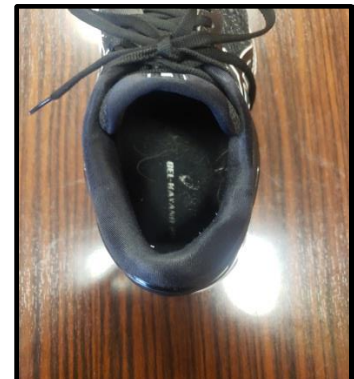
Asics Nimbus 22

- Narrow Heel Counter
- Most Cushioning
- Average/Wide Toe Box
- Works well with rigid mid-foot to re-train for re-pronation



Asics Kayano 26

- Narrow Heel Counter
- Design allows heel to move "back" into heel counter
- Cushioning
- Average/Wide Toe Box
- Good sensory input of medial arch and Big Toe.
- Works well with "Average" Mid-Foot.



Brooks Adrenaline 20

- Medium Width Heel Counter
- Cushioning
- Average to Narrow Toe Box
- Guide Rail System around Heel and Medial Arch to Integrate Heel to Mid-Foot Re-Pronation
- Works well with "Average to Low Mid-Arches"



Fleet Feet Company 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 Sport Goods located at 27th and Pine Lake, Lincoln, NE and can be reached at (402) 420-9000