



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 your body.

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

Hruska Clinic Integrative Footwear List's Top Shoes

- Brooks Adrenaline (GTS) 23** Great overall shoe for average arch individuals for heel, arch, and big toe sense during the gait cycle. (average arch category)
- New Balance 860 V 13:** Great overall shoe for average arch individuals for heel, arch, and big toe sense during the gait cycle with a wider toe box. (average arch category)

Heel awareness

Mid-foot awareness

Whole foot awareness

Additional Choices (good shoes but not our top choices)

Rigid Mid-Foot (high arch)

- Brooks Ghost 15
- New Balance 880 V 13

Laxed Mid-Foot (low arch)

- Brooks Addiction 15
- Brooks Addiction Walker Suede
- Saucony Omni 21

Rocker shoes: Only for Limited 1st Ray mobility

- Hoka Arahi 6 (average mid-foot)
- Hoka Bondi 7 (rigid mid-foot)
- Hoka Clifton 8 (average to low arch)
- Hoka Gabiota 4 (average to low arch)
- Brooks Glycerin 20 (rigid mid-foot/NO guiderails)
- Brooks Glycerin GTS 20 (semi-rigid mid-foot/ guiderails)

Semi-Rigid Mid-Foot (average to low arch)

- Brooks Adrenaline 22
- New Balance 860 V 13
- Saucony Guide 16

Underlined shoes above are all compatible with PRI orthotics

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



HRUSKA CLINIC SHOE LIST GUIDELINES

The qualities we look for in a shoe are based on the mechanics and sensory input that we want our patients to have when they put on the shoe. This is to ensure their entire body can maintain appropriate position and balance while they stand and walk. 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:

- Shoes should feel comfortable right away. You should not 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 will help hold your foot in the shoe.
- You should be able to “sense” your heel, arch, and big toe on both feet when walking.
- 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



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).

POOR EXAMPLES

