



HRUSKA CLINIC CASUAL/DRESS SHOE LIST

The qualities we look for in any shoe are based on the mechanics and sensory input we want our patients to have when they wear the shoe. The purpose is to ensure their entire body can maintain appropriate position while they stand and walk. Due to the vast number of unique styles in casual and dress shoes we would recommend you start with these brands when looking for a casual or dress shoe.

This is certainly not an exhaustive list but gives you a starting point to try and find a good shoe. Please use the qualities below to determine if a specific style or shoe (of any brand) is worth trying.

Women's Brands

- Ecco
- Born
- Frankie4
- Taos
- Clarks
- Vionic
- Sofft
- Birkenstock

Men's Brands

- Ecco
- Born
- Clarks
- Birkenstock
- Vionic

If you are looking for **any** shoe, here are some qualities to look for and to avoid.

GOOD EXAMPLES



Heel counter does not collapse



Limited outside heel give



Shoe bends in the toe box easily and not in the middle of the shoe

POOR EXAMPLES



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.”
- 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.