



# HRUSKA CLINIC RECOMMENDED SHOE LIST

The correct shoe can make or break your program. Every time you stand up, your movement is influenced by your brain and what it senses from the ground and your feet. The proper shoe can assist the brain and feet with good forward movement with alternation from side to side through proper control of the heel bone with guidance of the mid-foot and rolling thru the Big Toe. Shoes can provide sensory guidance for proper gait mechanics, and/or cushion to sense the foot's impact on your body.

## Hruska Clinic Integrative Footwear recommendations

*All shoes on our list meet the criteria for a "good" shoe on the back of this handout.*

### Average to Low Arch Feet

- ☐ **Asics GT 2160:** No added cushion. Upper part of the shoe assists with foot guidance and sense. Good grounding shoe. Reminds us of our beloved Asics Foundation from the early 2000's.
- ☐ **Brooks Ariel (women) or Beast (men) 24:** No added cushion. Guide rail for heel, arch, and big toe sense during the gait cycle. Provides more stability for laxed foot and/or larger individuals.
- ☐ **Asics GT 2000 V13:** Minimal added cushion. Guide rail for heel, arch, and big toe sense during the gait cycle. Narrow heel counter good for ankle instability.
- ☐ **Brooks Adrenaline (GTS) 24:** Minimal added cushion. Great overall shoe. Guide rail for heel, arch, and big toe sense during the gait cycle. Average toe box. (older V 23 no added cushion).
- ☐ **Karhu Ikoni 3.0:** Minimal cushion. Guide rail for heel, arch, and big toe sense. Wider toe box. Only found at Fleet Feet and in Europe.
- ☐ **Asics Kayano 31:** Moderate cushion. Not for individuals that are challenged to sense the ground under the foot. Good for individuals to work on foot/ankle stability.

### High Arch Individuals (these shoes are compatible with PRI Orthotics)

- ☐ **Brooks Ghost 16:** Minimal cushion. Wider toe box.
- ☐ **Karhu Mestari 1.5:** Minimal cushion. Guiderail for heel, arch, big toe sense. Wider toe box. Only found at Fleet Feet and in Europe.
- ☐ **Asics Cumulus 26:** Moderate cushion. Not the best typically for individuals challenged to sense the ground. Narrow heel counter good for ankle instability. Average toe box.

**10% off discount from the following Lincoln, Nebraska Businesses**

**Fleet Feet:** 7701 Pioneers, Lincoln, NE and can be reached at (402) 904-4648

**Scheels:** 27<sup>th</sup> 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 we want our patients to have when they wear 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

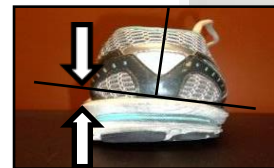


Limited outside heel give



Heel support should be vertical (not tipped)

## POOR EXAMPLES



Toe box bend stiffness is only desirable with limited big toe mobility or early heel rise. Utilizing a shoe with toe stiffness without these qualities can cause the back extensors and hip flexors to overwork. Examples of shoes that are stiff in the toe box: Hoka Arahi, Bondi and Clifton, Asics Nimbus 27, Asics Glideride Max, and Brooks Ghost Max 2.

