HRUSKA CLINIC RECOMMENDED SHOE LIST

Shoes influence the nervous system through sensory awareness, heel guidance, and big-toe rollover. What the brain senses from the ground through the shoe directly affects, posture, muscle tone, and movement strategy. **Too much cushioning blunts sensory input. Too little stability creates threat**. The *correct* shoe provides the amount of sensory information the nervous system can tolerate and use to support efficient, alternating forward movement.

Shoes are selected based on how much sensory information the nervous system can tolerate and use.

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

High Sensory Awareness Shoes
Best for neck-driven patients

These shoes provide clear, precise ground input for nervous systems that benefit from sensory clarity rather than cushioning

Why this category

These shoes provide clear, precise sensory input from the ground, helping the brainstem orient, reduce threat, and improve head-neck control.

Key Features

- Moderate firmness (not overly cushioned)
- Clear heel guidance
- Stable mid-foot
- Predictable big-toe rollover

Clinical Effects

- Improves sensory awareness
- Reduces visual & cervical dominance
- Supports neck and ribcage regulation

- **Asics GT 2160** Orthotic-friendly; upper assists foot-shoe integration; wider heel counter (not for ankle instability)
- **Asics Cumulus 16 (retro)** Orthotic-friendly; mild lateral heel give (not for ankle instability)
- **Brooks Addiction GTS 15** wider shoe, firm sole; multiple widths available.
- **New Balance 860 v2** Orthotic-friendly; narrow heel counter, good for ankle instability, may need added arch support.
- **Nike P6000** Orthotic-friendly; upper assists foot-shoe integration; may need added arch support. Can color customize.

Buffered Sensory Shoes (added cushioning)
Best for pelvis-driven patients

These shoes reduce excessive sensory input while maintaining enough structure to support efficient loading and movement

Why this category

These shoes provide added cushioning to buffer ground reaction forces for patients who organize movement primarily from their pelvis. When sensory input from the ground is perceived too strong or threatening, controlled cushioning can improve walking, standing, and daily activity without increasing instability.

Key Features

- Increased midsole cushioning with controlled give without collapse
- Supports foot loading without collapse
- Assists natural re-pronation during stance
- Smooth transition from heel to mid-foot

Clinical Effects

- Reduces sensory overload and defensive threat response
- Allows smoother transition through mid-stance
- Improves pelvis loading and weight acceptance
- Decreases reliance on gripping or bracing strategies

- **Asics GT 2000 v14 (NOT 15)** guide rail + arch support for heel to toe guidance; good for ankle stability
- **Brooks Adrenaline GTS 26** orthotic-friendly, might need an arch
- **Brooks Anthem 8** orthotic-friendly, might need added arch support, multiple width options.
- **Brooks Ghost 18** orthotic friendly, wide tox box
- **Mizuno Inspire 22** narrow heel counter, great toe off
- **Mount to Coast P1** good mid-foot support; good for re-pronation
- **Mount to Coast R1** Orthotic friendly; good mid-foot sensory input

10% off discount from the following Lincoln, Nebraska Businesses
Fleet Feet: 7701 Pioneers, Lincoln, NE and can be reached at (402) 904-4648
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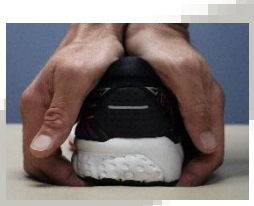
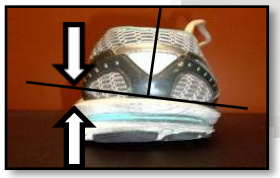
HRUSKA CLINIC SHOE SELECTION GUIDELINES

The shoes you wear influence how your brain senses the ground and organizes your orientation and posture during stance and walking. At the Hruska Clinic, we look for shoes that provide the right balance of sensory awareness and mechanical support, allowing your body to maintain appropriate alignment and balance for forward movement. This list highlights key qualities we look for in shoes**. This is not an exhaustive list of brands, and these same qualities apply to athletic shoes, causal shoes, hiking shoes, and everyday footwear.** The most important quality of any shoe is the ability for your body to maintain neutrality as determined by your PRI-trained therapist.

When trying on shoes:

- Shoes should feel comfortable immediately--you should not need to "break them in."
- Lace your shoes and tighten them **from the bottom up**. You should need to untie them to take them off.
- You should be able to **sense your heel, arch, and big toe** on both feet when walking.
- Your heel should not slip up and down inside the shoe.
- Single leg balance test: Stand on one foot with the opposite leg slightly forward. You should feel your heel, arch, and big toe contacting the ground at the same time and evenly across the foot. If you cannot sense all three together, that shoe is not providing the correct sensory awareness or support for you.

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

GOOD EXAMPLES		POOR 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)	

Toe box bend stiffness is only appropriate for individuals with limited big toe mobility or early heel rise pattern. Using a shoe with a stiff toe box without these needs can increase overuse of the back extensors and hip flexors leading to overcompensations. Examples of shoes that are stiff in the toe box: Brooks Ghost Max.



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