



Shoe Recommendations 2018

Exercise Walking / Running

New Balance: 1540* 1260 1012* 993 587 860
 Asics Gel: Evolution Kayano Foundation
 Etonic: Stable Pro
 Brooks: Beast* /Ariel* Addiction Adrenaline Vapor
 Saucony: Grid Stabil* Omni Hurricane
 Adidas: Adistar Control Supernova Sequense
 Keen: All Models for walking
 Mizuno: Renegade
 Hoka: Conquest Bondi (wide) Stinson
 Altra: Olympus Paradigm Provision
 Aetrex: Rhino Runner Boss Runner

Walking:

Rockport: Pro Walker DMX
 New Balance: 928 847 813
 Keen: All Models
 Brooks: Addiction Walker (Leather)
 Hoka: Bondi LTR
 Saucony: Grid Stabil
 Aetrex: all walkers
 Vionic: Multiple styles
 Altra: Olympus Paradigm Provision
 Dr. Comfort: Multiple Models—see display in office

Trail Run / Walking / Light Hiking

Merrill: Chameleon Moab
 Brooks: Addiction Walker
 New Balance: 1005 852
 Keen: All Models
 Montrail: Mountain Masochist
 Patagonia: Drifter

Cross Trainers / Tennis

K-Swiss: BigShot
 New Balance: 1296 806
 Nike: Lunar Ballistic (narrow feet only)
 Adidas: Barricade Boost (narrow feet only)

Sandals: *can accept a custom orthotic if insole is removable*

Naot Finn Comfort Cambrian Dansko
 Mephisto Keen (water / hiking sandals)

Sandals: *cannot accept a custom orthotic*

Aetrex Sandalistas Dansko clog **Vionic**
 Fit-Flops Olukai Obeo Birkenstocks
 Born Marley Casual Clog Teva Rokina Clog

Dress Shoes:

Women: Flats, Clogs, Casual

Rockport Vionic Aetrex Ariat
 Dansko Ecco Munro Sanita
 Nickels Aravon Naot Dunham
 Sudini Earthies Theresia Dr Comfort

Healthy fashion shoes can be found at : www.LuckyGirlShoes.com

Men:

Rockport Hush Puppies Dansko Ecco
 Dunham Timberland Cole-Haan Naot
 Aetrex Allen Edmonds Neil M Kumfs
 Orthofeet. Dr.Comfort

Extra Depth

Apex Aetrex PW Minor Acor
 Sequoia Orthofeet Drew Comfort Rite
 Dr. Comfort (found at front of office on shoeracks)

Rocker Soles:

Hoka^ Dansko MBT
 ^Denotes most stable. Forefoot rocker only

* **Maximum Control Shoe**

(This list is adapted from Prolab Orthotic Lab)

Socks: avoid cotton socks

Juzo Silver Thor-lor Cool-Max Jobst Smartwool
 WrightSock Dr Comfort (order through our office)