

Shoe Recommendations for Patients

Not all former thoughts regarding shoes are true today. Flat feet do not necessarily need a “motion control/stability” shoe. Experienced runners who have proper foot strike and strength can use less supportive shoes. Those new to running, especially if overweight, may benefit from more supportive shoes. Arthritic knees tend to do better with more cushioned shoes. Those with kneecap problems (patello-femoral) tend to do better with lower heel to toe ratio, whereas those with Achilles issues do best with a higher heel to toe ratio. Shoes with a rocker sole (ie Hoka and Nike Zoom Fly) are better for forefoot problems, especially big toe arthritis (Hallux Rigidus), neuromas and midfoot arthritis. Research has shown that it is perceived fit/comfort for getting the best shoe so, make sure you try the shoe on, using your usual running socks, and the end of the day so your feet are as “swollen/spread out” as they can be.

Note: for runners in High School, College and those with no injury history consider:

ASICS GT-2000 & Cumulus
Hoka One One Clayton
Nike Air Pegasus

For Cushioning (for high-arched feet & those with joint problems)

Adidas Supernova
Altra Escalante
Asics Nimbus (widths)
Brooks Glycerin, Levitate, Dyad
Nike Vomero (widths), Zoom Fly
Hoka Bondi & Clifton (widths),
New Balance 1080 (widths)
Saucony Freedom

For Stability (for mild to moderate over-pronation)

Adidas Supernova ST
Asics Kayano
Brooks Adrenaline , Transcend
Hoka Gaviota
New Balance 860 & 880(widths)
Nike Air Structure Triax(widths)
Saucony Guide

For Motion Control (severe over-pronators, heavier individuals, posterior tibial dysfunction)

ASICS GT 3000 (widths)
Brooks Beast/Ariel (widths)
Saucony Redeemer (widths)

Trail

Adidas Terrex Agravic Speed
Altra Torin (widths)
ASICS GT 2000 Trail
Hoka Stinson ATR
Nike Wildhorse

Everyday shoes for work or walking

Joya shoes come in both rocker bottom and non-rocker if you have a forefoot issue get rocker bottom

Kuru is also good for people with heel pain.