

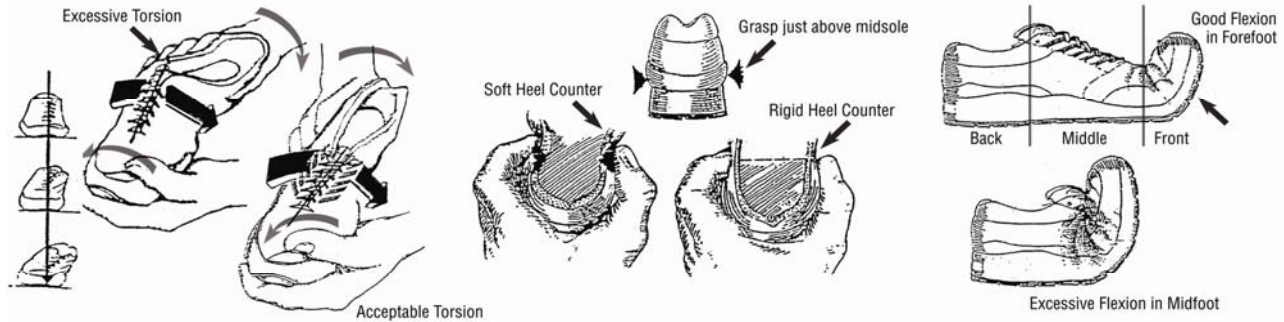


Breakthrough Podiatry

A revolution in foot care

Recommended Shoes Overview

How to Determine Motion Control/Anti-Pronation with 3 Easy Tests



Torsional Rigidity

Heel Counter Rigidity

Flexion Stability

Visualize shoe in thirds. Front one-third should easily flex at the toe. The remaining two-thirds (middle and back) should not flex or twist to qualify as a moderate to excellent motion control/anti-pronation shoe.

Illustration by Mark T. Reeves, DPM

Maximum motion control

- New Balance 1123
- Asics Gel-Foundation 7
- Asics Gel-Evolution 3
- Brooks Beast Running Shoe

Moderate motion control

- Aetrex v551 (women) v952 (men)
- Aetrex V854
- Aetrex x532 (women) x821 (men)
- Asics GT-2130 Trail
- Brooks Adrenaline GTS 8
- Mizuno Wave Alchemy 7
- Mizuno Wave Creation 9
- New Balance 858
- New Balance 901
- New Balance 1122
- New Balance 1222
- Reebok Premier Road Plus KFS
- Ecco RXP 1660
- Saucony ProGrid Omni 6
- Saucony ProGrid Hurricane 9

Mild motion control

- Adidas Microbounce
- Adidas Response Cushion 16
- Asics GT-2130
- Asics Gel-Kayano 14
- Mizuno Wave Nirvana 4
- Aetrex Z788
- Asics Gel-Landreth 4
- Mizuno Wave Nexus 2
- Adidas Supernova Cushion 7
- Mizuno Wave Inspire 4
- New Balance 882
- New Balance 1010

Mild motion control (cont'd)

- Reebok Premier Ultra KFS
- Saucony ProGrid Hurricane
- Saucony ProGrid Trigon 5

Neutral/cushioned

- Mizuno Wave Ascend 3
- Mizuno Wave Rider 11
- New Balance 768
- New Balance 1061
- Mizuno Wave Elixir 3
- Aetrex Z581
- Asics Gel-Trail Sensor WR
- Brooks Glycerine 6
- Brooks Cascadia 3
- Brooks Infiniti
- Brooks Axiom Running
- Brooks Dyad Running
- Mizuno Wave Precision 8
- Asics Cumulus 9
- Saucony ProGrid Triumph
- Saucony Trigon Guide
- Saucony ProGrid Triumph

New Balance Shoes

757 E. 81st Street, Suite 5
 Merrillville, IN 46410
 Across from Star Plaza Theatre on 30
 219-769-7300

Fleet Feet Sports

635 East US Hwy 30
 Schererville, IN 46375
 Behind Von Tobel's at Cline and 30
 219-864-1000

Red Wing Shoes

2016 West 81st Avenue
 Merrillville, IN 46410
 North on 30 and west from Library
 219-756-0726

Human Race Sports

58 West Lincolnway
 Valparaiso, IN 46383
 1 block west of courthouse
 219-465-5335

8120 Georgia St #B
 Merrillville, IN 46410
 Ph: (219) 769-0977
 Fax: (219) 738-1290



2000 Roosevelt Rd #104
 Valparaiso, IN 46383
 Tel: (219) 462-7881
 Fax: (219) 462-6448

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Baseball Shoes

Under Armour Baseball Raptor Low Top (Maximum MC)

New Balance MB820LK Baseball (Minimum MC)

Basketball Shoes

Adidas Bounce Artillery 2 Basketball (Maximum MC)

New Balance (Moderate MC)

New Balance BB888HB (Moderate MC)

Nike Elite Basketball (Moderate MC)

New Balance BB904WB (Neutral/cushioned)

Nike Air Max Elite Force Basketball (Minimal MC)

Cleated Football Shoes

Under Armour Combat Football Cleats (Maximum MC)

Under Armour Men's Hammer II Mid (Moderate MC)

Football Turf Shoes

New Balance 805 Football Turf Shoe (Maximum MC)

New Balance 995 LowCut Turf Shoe (Maximum MC)

Golf Shoes

Ecco Flexor Hydromax Men's Golf Shoe (Maximum MC)

Ecco Casual Pitch Women's Golf Shoe (Moderate MC)

Sandals

Bite Running OS (Maximum MC)

Bite Men's Black Sandal (Maximum MC)

Bite Spirit OS (FlipFlop) (Moderate MC)

Ecco Offroad Yucatan Sandal (Moderate MC)

Softball Shoes

Under Armour Women's Laser II Softball Molded Cleat
(Moderate MC)

Tennis

New Balance 1002 Tennis Court Shoe (Maximum MC)

Walking Shoes

Aetrex V854 Walking (Moderate MC)

Aetrex 801 (Moderate MC)

Asics Foundation Walker (Moderate MC)

Asics Gel Kayano Walker 7 (Minimum MC)

Asics Gel Cardio Walker (Neutral/cushioned)

Asics Gel 4 to 8 Walker (Maximum MC)

Brooks Addiction Walker (Moderate MC)

New Balance 926 (Minimum MC)

New Balance 844 (Neutral/cushioned)

New Balance 811 (Neutral/cushioned)

New Balance 965 Trail (Moderate MC)

Saucony Progrid Stabil Walker (Moderate MC)

New Balance 659 (Moderate MC)

Saucony Grid Omni Walker (Minimum MC)

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