

SHOE RECOMMENDATIONS

EXERCISE WALKING / RUNNING

New Balance: 817 / 587/ 767 / 1123 / 1222

Asics: Gel MC Plus
GT 2130 Gel-Foundation Plus
2120 Gel-Evolution / Gel-Empire
Gel Kayano

Adidas: Response / Control

Aetrix: V551 / V952 / V854 / X532 / X821

Brooks: Adrenaline / Addiction / Beast / Ariel

Saucony: Grid Stabil MC
Grid Reserve

Mizuno: Wave Renegade

Wave Alcheny

Nike: Structure Triax / Durham

Reebok: Premier Road Plus

WALKING

Aetrex: X800 / X900

Dunham: 5953 / 8000 / 910 / 9100

Brooks: Addiction WT

New Balance: 926 / 844

Rockport: World Tour / Pro Walker DMX

Saucony: Grid Motion

SAS: Time Out (m) / Free Time (w)

CROSS TRAINERS / AEROBICS

Asics: Gel-Alta

Nike: Edge good (tennis)

Air max trainer

New Balance: 780 / 802 / 1001 / 1008

BASKETBALL

New Balance: 888 / 8025

Adidas: K-6 bounce

T-maco

Nike: Huarache Air / Air forcastat

Air max Elite

Reebok: Voyage

Dressier Shoes

Flats / Dress / Career / Casual

Shoe should fit the following criteria;

Firm heel / Torsionally stable (do not twist easily) / Removable insole

The following Brands have several models which fit the above criteria. Evaluate the shoes carefully, **not all models fit the criteria.**

Aravon / Ariat / Beautifeel / Blend / Danskin /
FinnComfort / Hush Puppies / Kumfs / Munro /
Naot / Nickels / Neicm / Paul Thomas / Redwing /
Riecker / Rockport / Salamaroder / Sanita /
Selby.Sodini / Taryn Rose / Therisia / Think

Slippers – non-traditional slippers offering support and comfort around the house. Will help prevent morning foot pain.

Stegman Clogs / Noat Iceland or Glacier

Comfort Orb / Geisswan Clogs

Daniel Green Clogs / Hefinger Clogs /

CrocsRX

SANDALS – Specialized (orthoses fit some of the sandals below)

Ariat / Solvee / Noat / FinnComfort / Dansko /

Theresia / Birkenstock

INSOLES – to go under orthoses after removing shoe insole

Dr. Scholls: Air Pillow insole

Spenco: Flat insoles

DEPTH SHOES

P.W. Minor

Apex: Ambulator

Soft Spot: Supreme

Aetrex: Drew

Maximum Motion control

- Use of the proper shoe is an important part of keeping our feet healthy.
- Always remove the shoe insole before inserting arch supports or orthotics.

SHOE STORE RECOMMENDATIONS

• WALK THIS WAY

2253 Honolulu Avenue

Montrose, CA 91020

(818) 248-7206

• PHIDIPPIDES

16545 Ventura Boulevard

Encino, CA 91436

(818) 986-8686

• RUN WITH US

235 N. Lake Avenue

Pasadena, CA 91101

(626) 568-3331

• THE WALKING STORE

Glendale Galleria

(818) 246-7262

• SNAIL'S PACE

340 E. Colorado Boulevard

Pasadena, CA 91101

(626) 568-9886

• NEW BALANCE STORE

270 S. Arroyo Parkway

Pasadena, CA 91105

(626) 793-7900