

# HRUSKA CLINIC RECOMMENDED SHOE LIST FOR 2015

## STABILITY

Nike Structure Triax 18  
 Asics Fortitude  
 Brooks Transcend 2  
 \*Saucony Guide 8 (shallow heel depth)  
 \*Brooks Adrenaline 15  
 \*Saucony Omni 14

## NEUTRAL

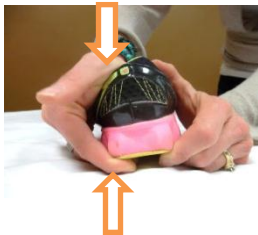
Brooks Dyad 8  
 Brooks Glycerin 13  
 Saucony Triumph

## MOTION CONTROL

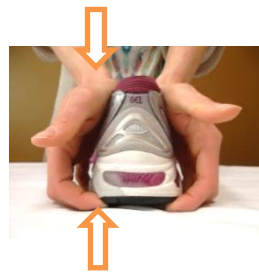
Asics Foundation 12  
 Brooks Addiction  
 New Balance 1340  
 New Balance 928 (can order from  
 Running Company, good for  
 tibia varum or calcaneal instability)  
 New Balance 1540 V2 (most stable)

- **“\*” Caution with patients that have increase calcaneal inversion/supination/tibial varum**  
 Neutrality in the pelvis with PRI tests determines which shoe works for the patient.

### Signs of a Poor Shoe:



### Signs of a Good Shoe:



Heel counter does not fold in

Shoe bends in the toe box easily and not in the middle of the shoe. Toe box bend should not be too stiff

No outside heel give

Heel height should be symmetrical

Running Company located at 1213 Q Street, Lincoln, NE and can be reached at (402) 474-4557

Red Dirt Running Company located at 7701 Pioneers, Lincoln, NE and can be reached at (402) 904-4648