

STEPS for Recovery Shoe Recommendations (2018)*

Guidance	Cushion
Good for patients without instability.	Good for helping to sense the floor.
NewBalance 1080 V8 Brooks Transcend 5 Asics 2000-6 Asics Fortitude Brooks Adrenaline New Balance 860 V8	New Balance 1080 V8 Brooks Transcend 5 Brooks Glycerin 15 (great with orthotics) Brooks Levitate New Balance 880 V7

Control
Patients who need more stability.
Asics Foundation 13 Brooks Addiction 13 Saucony Echelon 6

Neutrality with PRI tests after walking in shoe determines which shoe works for each patient.



Qualities of a good shoe:

1. Solid heel counter



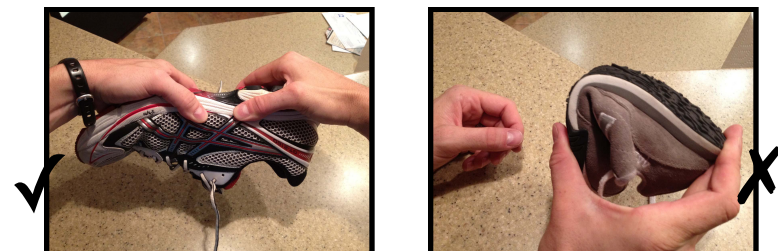
2. Excellent heel support (no outer heel give)



3. Patient can feel the arches of the shoe



4. Non-flexible midsole



*Adapted from the Hruska Clinic Spring (2018) shoe list developed by Lori Thompson PT, PRC