

These shoes were evaluated in quality shoe stores in the San Francisco and Seattle areas. Availability may vary by geographic area. This list does not include all quality shoes, and is only provided as a guideline to help you and your doctor find a shoe that will work well with your orthoses.

## Exercise Walking / Running

|                    |  |
|--------------------|--|
| <b>Altra</b>       | Provision Olympus Torin                  |
| <b>Asics Gel</b>   | Foundation Kayano                        |
| <b>Brooks</b>      | Addiction Adrenaline Ariel* Beast* Vapor |
| <b>Hoka</b>        | Bondi Gaviota Stinson                    |
| <b>New Balance</b> | 880 993 Fresh Foam 1080                  |
| <b>Nike</b>        | Zoom Structure                           |
| <b>Saucony</b>     | Hurricane Ride                           |

## Walking

|                    |                             |
|--------------------|-----------------------------|
| <b>Aetrex</b>      | All Walkers                 |
| <b>Brooks</b>      | Addiction Walker (Leather)* |
| <b>Dunham</b>      | All Walkers                 |
| <b>Hoka</b>        | Bondi Leather               |
| <b>New Balance</b> | Postal 706 577 928*         |
| <b>SAS</b>         | Time Out(m) Free Time(w)    |
| <b>Saucony</b>     | ProGrid                     |

## Trail Running / Light Hiking

|                    |                                    |
|--------------------|------------------------------------|
| <b>Asics</b>       | GT-2000                            |
| <b>Brooks</b>      | Adrenaline Cascadia                |
| <b>Hoka</b>        | Sky Kaha Sky Toa                   |
| <b>Keen</b>        | Targhee II (2)                     |
| <b>Merrell</b>     | Chameleon Moab                     |
| <b>New Balance</b> | 852 978 1360 Fresh Foam More Trail |
| <b>Oboz</b>        | Sawtooth                           |

## Cross Trainers / Aerobics

|                    |               |
|--------------------|---------------|
| <b>Adidas</b>      | Barricade     |
| <b>Asics</b>       | Quantum       |
| <b>K-Swiss</b>     | Bigshot Light |
| <b>New Balance</b> | 608 624       |
| <b>Nike</b>        | Monarch Renew |
| <b>Prince</b>      | T-22          |

## Basketball

|                    |                    |
|--------------------|--------------------|
| <b>Adidas</b>      | Dame Marquee Boost |
| <b>New Balance</b> | Kawhi              |
| <b>Nike</b>        | Kyrie Zoom         |

## Extra-Depth Shoes<sup>®</sup>

Aetrex Apex Dr. Comfort Drew Orthofeet Soft Spots

## Dress Shoes—Women: Heels, Flats, Casual

Aetrex Aravon Ariat Beaufeiel Blend Cole-Haan Dansko Ecco Finn Comfort Munro Naot Rieker Rockport Salamander Sanita Selby Sudini Taryn Rose Theresia

## Dress Shoes—Men

Aetrex Allen Edmonds Cambrian Cole-Hann Dansko Dunham Ecco Naot Rockport

## Sandals

Aetrex Sandalistas Ariat Birkenstock Cambrian Dansko Finn Comfort Naot Theresia

## Rocker-Soled Shoes

Alegria Dansko Hoka

## Clogs and Slippers

*Nontraditional slippers for support and comfort*

Aetrex Krista Alegria Finn Comfort Orb Haflinger Clogs Merrell Jungle Moc Naot Glacier Stegmann Clogs Timberland Professional

## Insoles

*To go under orthotic after removing shoe insole*

**Dr. Scholl's:** Air pillow insole      **Spenco:** Flat insole

<sup>®</sup>Best shoe types for use with ProLab AFOs  
\*Maximum motion control

*Wearing proper shoes is an important part of orthotic therapy.  
Always remove the shoe insole before inserting orthotics.*