

# SHOE RECOMMENDATIONS

2021

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 orthotics.

## **Exercise Walking / Running**

**Altra:** Provision Olympus Torin  
**Asics Gel:** Foundation Kayano  
**Brook:** Beast\* Ariel\* Addiction Adrenaline Vapor  
**Hoka:** Bondi Bondi Gaviota Stinson  
**New Balance:** 880 993 Fresh Foam 1080  
**Nike:** Zoom Structure  
**Saucony:** Hurricane Ride

## **Walking**

**Aetrex:** All Walkers  
**Brooks:** Addiction Walker (Leather)\*  
**Dunham:** All Walkers  
**Hoka** Bondi Leather  
**New Balance:** Postal 706 557 928\*  
**SAS:** Time Out (m) Free Time (w)  
**Saucony:** ProGrid

## **Trail Running/Light Hiking**

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

## **Cross Trainers/ Aerobic**

**Adidas:** Barricade  
**Asics:** Quantum  
**K-Swiss:** Bigshot Light  
**New Balance:** 608 624  
**Nike:** Monarch Renew  
**Prince:** T-22

## **Extra-Depth Shoes ++**

Aetrex, Apex, Dr. Comfort, Drew, Orthofeet, Soft Spot

\*Maximum motion control++ Best Shoe type for AFOs

**Shoe Size:** \_\_\_\_\_

## **Basketball**

**Adidas:** Dames Marquee Boost  
**New Balance:** Kawhi  
**Nike:** Kyrie Zoom

## **Cycling Shoes**

**Sidi**

## **Dress Shoes-Women:** *Flats, Casual, Heels*

Aetrex, Aravon, Ariat, Beautifeel, Blend, Cole-Hann, Dansko, Ecco, Finn Comfort, Munro, Naot, Rieker, Rockport, Salamander, Sanita, Selby, Sudini, Taryn Rose, Theresia, Vionic

## **Dress Shoes-Men:**

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

## **Sandals- can accommodate custom orthotics**

Aetrex Sandalistas, Ariat, Birkenstock, Cambrian, Dansko, Finn Comfort, Naot, Theresia, Vionic

## **Rocker-Soled Shoes**

Alegria Dansko Hoka

## **Clogs and Slippers**

*Nontraditional slippers for support and comfort*  
Aetrex Krista, Alegria, FinnComfort Orb, Heflinger Clogs, Merrell Jungle Moc, Naot Glacier, Stegmann Clogs, Timberland Professional Clogs, Vionic

**Insoles:** To go under orthotic after removing sockliner

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

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