SHOE RECOMMENDATIONS

Update: 2022

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

Altra Asics Gel Brooks Hoka New Balance Nike Saucony Provision Olympus Torin Foundation Kayano Addiction Adrenaline Ariel* Beast* Vapor Bondi Gaviota 880 993 1540 Fresh Foam More Zoom Structure Hurricane Ride Omni

Walking

Aetrex	All Walkers		
Brooks	Addiction Walker (Leather)*		
Dunham	All Walkers		
Hoka	Bondi Leather		
New Balance	Postal 706 847 928*		
SAS	Time Out(m) Free Time(w)		
Saucony	Omni		

Trail Running / Light Hiking

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

Cross Trainers / Aerobics / Tennis

Adidas Asics	Barricade Gel-Resolution Quantum
K-Swiss	Bigshot Light
New Balance	608 624
Nike	Monarch Renew Zoom Vapor
Prince	T-22

Basketball

Adidas	Dame	Pharrell Williams
New Balance	Kawhi	
Nike	Kyrie	Zoom KD

Extra-Depth Shoes^①

Aetrex Apex Dr. Comfort Drew Orthofeet Soft Spots

Dress Shoes—Women: Heels, Flats, Casual

Aetrex Aravon Ariat Beautifeel 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 New Balance: Fresh Foam More

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

⁽¹⁾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.

