



The
Orthotic
Group

RECOMMENDED RUNNING SHOES - WINTER 2008

A handout for your patients

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1. MAXIMUM MOTION CONTROL (Best Long Term Stability)

BROOKS BEAST MEN *
BROOKS ARIEL WOMEN *
ASICS GEL-FOUNDATION 7
SAUCONY GRID STABIL MC 6
MIZUNO RENEGADE 3
BROOKS TRANCE 7
ASICS GT 2120

NEW BALANCE 858
PUMA COMPLETE NESTOR
ADIDAS ADIFUSION MC
NEW BALANCE 587*
SAUCONY PROGRID HURICANE 9
MIZUNO WAVE INSPIRE 3
NEW BALANCE LADIES 857

2. MODERATE MOTION CONTROL (Good Stability) MOST RUNNERS

BROOKS ADRENALINE GTS 7
NEW BALANCE 720, 817
ADIDAS CALIBRATE* / CAIRO
AVIA ISIS WOMEN
ASICS GEL EVOLUTION 3
ASICS GEL DS TRAINER XI
SAUCONY GRID RESOLVE
ADIDAS SUPERNOVA CONTROL10

NEW BALANCE 767, 1223 *
SAUCONY PROGRID OMNI 6
REEBOK PREMIER ROAD PLUS KF
MIZUNO WAVE NIRVANA 3
NIKE AIR ZOOM PERCEPT
ETONIC STABLE PRO V
NIKE AIR PERSEUS 3

3. MILD MOTION CONTROL (Basic Stability) TEENS

ADIDAS RESPONSE
NIKE AIR SHOX FSM
FILA FGT 950
NEW BALANCE 992 W & 1041
MIZUNO ALCHEMY 7

SAUCONY GRID SHADOW 11
BROOKS RADIUS 7
BROOKS ADDICTION 7
NEW BALANCE 755
REEBOK PREMIER FSM

4. NEUTRAL, EFFICIENT RUNNERS (NEED CUSHION + SUPPORT) 2% OF RUNNERS

BROOKS DYAD 4
NIKE AIR PEGASUS 2007+
ASICS GEL CUMULUS 9
NEW BALANCE 691, 881
ASICS GEL DS TRAINER 12

NIKE AIR TRIAX & ATHENA
NEW BALANCE 902
NIKE AIR MAXX 180
BROOKS AXIOM 2
REEBOK PREMIER AREO LITE

* - RECOMMENDED FOR HEAVY RUNNERS – OVER 190 LBS

RECOMMENDED BASKETBALL SHOES: NIKE AIR FORCE STAT, NIKE AIR HUARACHE SERIES, NIKE MAX ELITE SERIES, NEW BALANCE 8026/26, NEW BALANCE 904M/W, REEBOK PUMP UNANIMOUS, ADIDAS T-MAC6, ADIDAS KG BOUNCE.

UNDERLINED SHOES INDICATE THE BEST CRITICALLY REVIEWED SHOES IN THE TRADE MAGAZINES