

SHOE RECOMMENDATIONS

Update: 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 orthoses.

Exercise Walking / Running

Altra	Provision Olympus Torin
Asics Gel	Foundation Kayano
Brooks	Addiction Adrenaline Ariel* Beast* Vapor
Hoka	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 706 577 928*
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 / Aerobics

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

Basketball

Adidas	Dame Marquee Boost
New Balance	Kawhi
Nike	Kyrie Zoom

Extra-Depth Shoes^①

Aetrex Apex Dr. Comfort Drew Orthofeet Soft Spots

Dress Shoes—Women: Heels, Flats, Casual

Aetrex Aravon Ariat Beaufeet 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

^①Best 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.*

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