

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<sup>§</sup>

<b>Adidas</b>	Adistar Control
<b>Aetrex</b>	Rhino Runner Boss Runner
<b>Asics Gel</b>	MC Plus* Foundation Kayano Evolution GT2120
<b>Brooks</b>	Beast*/ Ariel* Addiction Adrenaline Trance
<b>Mizuno</b>	Wave Renegade
<b>New Balance</b>	587* 940 993 1012* 1260 1540*
<b>Saucony</b>	Grid Stabil Hurricane Omni ProGrid Stabil

## Walking<sup>§</sup>

<b>Aetrex</b>	All Walkers
<b>Brooks</b>	Addiction Walker (Leather)*
<b>Dunham</b>	All Walkers
<b>New Balance</b>	812 846 927* 956* 978
<b>Saucony</b>	ProGrid
<b>SAS</b>	Time Out(m) Free Time(w)

## Trail Running/Light Hiking

<b>Asics</b>	2160
<b>Brooks</b>	Adrenaline ASR
<b>Keen</b>	Targhee
<b>Merrell</b>	Arc Chameleon Refuge
<b>Montrail</b>	Hardrock* Comp XCR Torre GTX
<b>New Balance</b>	956 1004
<b>Patagonia</b>	Drifter

## Cross Trainers / Aerobics

<b>Adidas</b>	Response Competition
<b>K-Swiss</b>	Difier-miSOUL Stabilor
<b>New Balance</b>	856 871 1004
<b>Nike</b>	Court Ballistic

## Basketball

<b>Adidas</b>	Howard
<b>New Balance</b>	891 907
<b>Nike Air</b>	Soldier Max Hyperdunk

## Extra-Depth Shoes<sup>§</sup>

Aetrex Apex Dr. Comfort Drew Orthofeet P.W. Minor Soft Spot

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

Aetrex Alice-Alan Aravon Ariat Beautifeel Blend Cole-Haan Dansko Finn Comfort Kumfs Munro Naot Nickels Rieker Rockport Salamander Sanita Selby Sudini Taryn Rose Theresia

More fashion shoes at: <http://luckygirlshoes.com>

## Dress Shoes—Men

Aetrex Allen Edmonds Cambrian Cole-Hann Dansko Dunham Ecco Kumfs Naot Neil M. Rockport

## Sandals

Sandal brands that can accommodate custom orthoses include:

Aetrex Sandalistas Ariat Birkenstock Cambrian Dansko Finn Comfort Naot Solvee Theresia

## Rocker-Soled Shoes

Cognet<sup>+</sup> Dansko<sup>+</sup> MBT<sup>++</sup> Ryn<sup>+</sup> Sketcher Shape-Up<sup>++</sup>  
<sup>+</sup>stable heel, <sup>++</sup>unstable heel

## Clogs and Slippers

Nontraditional slippers for support and comfort.

Cros Daniel Green Clogs Finn Comfort Orb Geisswan Clogs Heflinger Clogs Naot Iceland or Glacier Stegmann Clogs Timberland Professional Clogs

## 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  
<sup>\*</sup>Maximum motion control

*Wearing proper shoes is an important part of keeping your feet healthy.  
 Always remove the shoe insole before inserting orthotics.*