

Virginia Mason Sports Medicine
Shoe List by Mark T. Reeves, DPM

RUNNING: Motion Control/Anti-Pronation

CUSHION:

- | | |
|---|---|
| <input type="checkbox"/> BROOKS:
- Glycerin (M/W)
- Radius (M/W) | <input type="checkbox"/> ADIDAS:
- Supernova Cushion (M/W)
- a3 Transfer (M/W) |
|---|---|

MILD MOTION CONTROL:

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|---|--|--|
| <input type="checkbox"/> ASICS:
- 2100 (M/W)
- Evolucion (M/W) | <input type="checkbox"/> NIKE:
- Ride 2 | ↑
STABILITY:
<input type="checkbox"/> MIZUNO:
- Maverick 4 (M/W)
<input type="checkbox"/> NEW BALANCE:
- 766 (M/W)
<input type="checkbox"/> ADIDAS:
- Supernova Classic (M/W)
<input type="checkbox"/> NIKE:
- Structure Triax (M/W) |
| <input type="checkbox"/> NEW BALANCE:
- 856 (M/W) | <input type="checkbox"/> BROOKS:
- Vapor (M/W)
- Trance (M/W) | |
| <input type="checkbox"/> NIKE:
- Pegasus (M/W) | <input type="checkbox"/> SAUCONY:
- Omni Med. Control (M/W) | |
| <input type="checkbox"/> MODERATE MOTION CONTROL: | <input type="checkbox"/> MIZUNO:
- Alchemy 5 (M/W) | |

MODERATE MOTION CONTROL:

- | | |
|---|---|
| <input type="checkbox"/> ASICS:
- Foundation VI (M/W) | <input type="checkbox"/> NEW BALANCE:
- 587 (M/W)
- 1122 (M/W)
- 815 (M/W) |
| <input type="checkbox"/> ADIDAS:
- Supernova (M/W) | <input type="checkbox"/> SAUCONY:
- Omni Ultimate Control (M/W)
- Regulate (M/W) |
| <input type="checkbox"/> BROOKS:
- Adrenaline (M/W)
- Addiction VI (M/W) | <input type="checkbox"/> MIZUNO:
- Renegade 2 (M/W) |
| <input type="checkbox"/> NIKE:
- Kantara (M/W) | |

MAXIMUM MOTION CONTROL:

- | | |
|--|--|
| <input checked="" type="checkbox"/> BROOKS:
- Beast (M) or Ariel (W) | <input type="checkbox"/> SAUCONY:
- Grid Stabil MC (M/W) |
|--|--|

CROSS-TRAINERS - see legend at bottom right of page for meaning of * before shoes**

- | | |
|--|--|
| <input type="checkbox"/> NIKE:
*** Vick III (M)
** Blacksburg (M)
** Bokul (M) | <input type="checkbox"/> NEW BALANCE:
** 802 (M) - Tennis/Cross
** 1001 (M/W) Tennis/Cross
* 1007 (M/W)
* 853 (M/W) |
|--|--|

WALKING SHOES - see legend at bottom right of page for meaning of * before shoes**

- | | |
|--|--|
| <input type="checkbox"/> BROOKS:
*** WT: Leather Addiction (M/W) | <input checked="" type="checkbox"/> NEW BALANCE:
*** 925 (M/W) or 926
** 842 (M/W)
* 811 (M/W) |
| <input type="checkbox"/> ROCKPORT:
** World Tour (M/W)
** ProWalker DMX (M/W) | |

BASKETBALL - see legend at bottom right of page for meaning of * before shoes**

- | | |
|--|---|
| <input checked="" type="checkbox"/> NIKE:
*** Huarache 5 (M) <i>Air make</i>
*** Astonish (M) | <input type="checkbox"/> REEBOK:
** ATR Alpha (M)
** Answer IX (M) |
| <input type="checkbox"/> ADIDAS:
*** a3 Superstar (M)
** a3 Pro (M) | <input type="checkbox"/> NEW BALANCE:
** 886 (M/W) |

HIKERS & TRAIL RUNNING SHOES - see legend at bottom right of page for meaning of * before shoes**

- | | |
|---|--|
| <input checked="" type="checkbox"/> MERRILL:
*** Phaser (M/W)
*** Thermo (M/W)
** Charameleon (M/W) | <input checked="" type="checkbox"/> MONTRAIL:
** Comp & comp XCR (M/W) |
| <input type="checkbox"/> ASICS:
* Eagle Trail IV (M/W) or * Trabuco VIII (M/W) | |

CLOGS & CASUAL

- | | | |
|--|--|--|
| <input type="checkbox"/> MERRILL:
** Jungle Moc
** Pro Series (Clog and Casual) | <input type="checkbox"/> DANSKO:
*** Professional
** Sport Clog | Over-the-Counter Orthotics

ProLab®
Superfeet®
Quickstride®
Biosoft® |
|--|--|--|

SANDALS

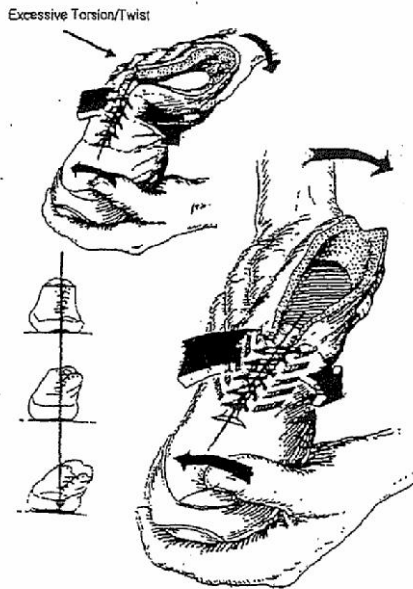
- | | |
|--|--|
| <input type="checkbox"/> CHACO:
- Z1 or Z2 | <input type="checkbox"/> BITE:
- Orca or X-trac OS |
|--|--|

Available at:
 Dress Shoes & Running Shoes: **SHOES & FEET** (7th & Madison, Seattle)
 Running Shoes: **Sound Sports** (80 Madison Street, Seattle)
 New Balance Store: (1510 7th Ave., Seattle)
 Running Shoes: **Super Jock & Jill** (Greenlake)
 Hiking Shoes/Boots: **REI** (Seattle)

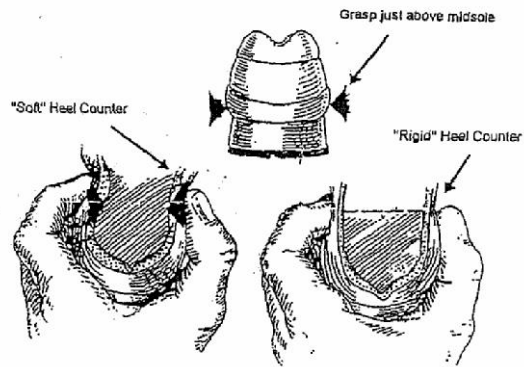
Motion Control for Cross Trainers, Walking and Basketball:
 *** Maximum control in category
 ** Moderate control in category
 * Mild control in category

UPDATED 11/1/05

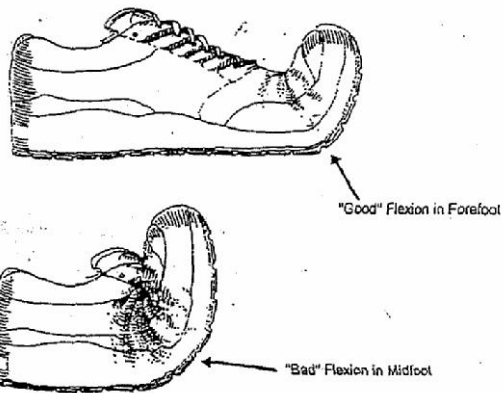
Three Tests to Determine Motion Control/Anti-Pronation



1. Torsional Rigidity



2. Heel Counter Rigidity



3. Flexion Stability

** A shoe must NOT torque/twist or flex in the middle or "midfoot" and have a "rigid/stiff" heel counter to qualify as a moderate to excellent motion control/anti-pronation shoe **

by Mark T. Reeves, DPM