

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>Aetrex</b>	Edge
<b>Asics Gel</b>	Foundation Fortitude Kayano
<b>Brooks</b>	Beast* / Ariel* Addiction Adrenaline Transcend
<b>Hoka</b>	Conquest
<b>New Balance</b>	587* 990 1340 1540* 3040
<b>Nike</b>	Structure Triax
<b>Saucony</b>	Grid Stabil Hurricane

## Walking<sup>§</sup>

<b>Aetrex</b>	All Walkers
<b>Brooks</b>	Addiction Walker (Leather)*
<b>Dunham</b>	All Walkers
<b>New Balance</b>	847 928* Postal 706
<b>Saucony</b>	ProGrid
<b>SAS</b>	Time Out(m) Free Time(w)

## Trail Running/Light Hiking

<b>Asics</b>	Kahana
<b>Brooks</b>	Adrenaline GTX
<b>Keen</b>	Targhee II (2)
<b>Merrell</b>	Chameleon Refuge
<b>Montrail</b>	Hardrock* Comp XCR
<b>New Balance</b>	860 1210
<b>Patagonia</b>	Drifter

## Cross Trainers / Aerobics

<b>Adidas</b>	Barricade
<b>New Balance</b>	857 1211
<b>Nike</b>	Court Ballistic
<b>Prince</b>	Scream T-22

## Basketball

<b>Adidas</b>	Crazy Shadow
<b>New Balance</b>	581 623
<b>Nike</b>	LeBron Zoom 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

Dansko Hoka

## 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  
\*Maximum motion control

*Wearing proper shoes is an important part of orthotic therapy.  
Always remove the shoe insole before inserting orthotics.*