



# Shoe List by Mark T. Reeves, DPM

VIRGINIA MASON SPORTS MEDICINE



## Running Shoes (Motion Control/Anti-Pronation) Cushion/Neutral

- |  |  |
|--|--|
| <b>ASICS</b><br><input type="checkbox"/> Cumulus 22 (M/W)<br><input type="checkbox"/> Nimbus 25 (M/W)<br><input type="checkbox"/> Glideride (M/W)    | <b>Mizuno</b><br><input type="checkbox"/> Wave Rider 24 (M/W)<br><input type="checkbox"/> Wave Creation 20 (M/W)   |
| <b>ALTRA</b><br><input type="checkbox"/> Olympus 4 (M/W)<br><input type="checkbox"/> Paradigm 5 (M/W)  | <b>New Balance</b><br><input type="checkbox"/> Fresh Foam 1080v11 (M/W)<br><input type="checkbox"/> 880v11 (M/W)<br><input type="checkbox"/> Fresh Foam More v2 (M/W)      |
| <b>Brooks</b><br><input type="checkbox"/> Glycerin 19 (M/W)<br><input type="checkbox"/> Ghost 13/GTX (M/W)<br><input type="checkbox"/> Dyad 11 (M/W) | <b>Nike</b><br><input type="checkbox"/> Zoom Tempo Next (M/W)<br><input type="checkbox"/> Zoom Pegasus 37 (M/W)<br><input type="checkbox"/> React Infinity Flyknit 2 (M/W) |
| <b>HOKA</b><br><input type="checkbox"/> Speedgoat 4 (M/W)<br><input type="checkbox"/> Stinson ATR 6 (M/W)<br><input type="checkbox"/> Bondi 7 (M/W)  | <b>ON</b><br><input type="checkbox"/> Cloudance (M/W)  |
|  | <b>Saucony</b><br><input type="checkbox"/> Ride 13 (M/W)   |
|  | <b>TOPO</b><br><input type="checkbox"/> Ultrfly 3.5mm drop (M/W)   |

## Mild Motion Control

- |   |  |
|---|--|
| <b>ALTRA</b><br><input type="checkbox"/> Provision 4 (M/W)  | <b>Mizuno</b><br><input type="checkbox"/> Horizon 5 (M/W)<br><input type="checkbox"/> Inspire 17 (M/W)   |
| <b>ASICS</b><br><input type="checkbox"/> Kayano 27 (M/W)<br><input type="checkbox"/> GT-4000 2 (M/W)            | <b>New Balance</b><br><input type="checkbox"/> 860v11 (M/W)  |
| <b>Brooks</b><br><input type="checkbox"/> Adrenaline GTS 21 (M/W)<br><input type="checkbox"/> Transcend 7 (M/W) | <b>Nike</b><br><input type="checkbox"/> Structure 22 (M/W)   |
| <b>HOKA</b><br><input type="checkbox"/> Gaviota 3 (M/W)<br><input type="checkbox"/> Arahi 5 (M/W)               | <b>Saucony</b><br><input type="checkbox"/> Guide 14 (M/W)<br><input type="checkbox"/> Hurricane 23 (M/W) |

## Moderate Motion Control

- |  |  |
|--|--|
| <b>Brooks</b><br><input type="checkbox"/> Addiction 14 (M/W) | <b>Saucony</b><br><input type="checkbox"/> Omni 19 (M/W) |
|--|--|

## Maximum Motion Control

- |   |   |
|---|---|
| <b>Brooks</b><br><input type="checkbox"/> Beast 20 (M) or Ariel (W) | <b>New Balance</b><br><input type="checkbox"/> 1540v3 (M/W) |
|---|---|

## Tennis Used as Cross-Trainers

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|---|---|
| <b>ASICS</b><br><input type="checkbox"/> Gel-Resolution 8 (M/W)***        | <b>Nike</b><br><input type="checkbox"/> Air Zoom Vapor Cage 4 (M/W)** |
| <b>Head</b><br><input type="checkbox"/> Revolt Pro 3.0 (M/W)***           | <b>Prince</b><br><input type="checkbox"/> T22 (M/W)**                 |
| <b>K-Swiss</b><br><input type="checkbox"/> Bigshot Ultrashot 2, 3 (M/W)** |   |

## Walking Shoes

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|--|--|
| <b>Brooks</b><br><input type="checkbox"/> Addiction Walker 2 (M/W)** | <b>New Balance</b><br><input type="checkbox"/> 928v3 (M/W)***<br><input type="checkbox"/> 847v4 (M/W)***, 813 (M/W)* |
| <b>HOKA</b><br><input type="checkbox"/> Bondi Leather (M/W)*         | <b>Saucony</b><br><input type="checkbox"/> Omni Walker (M/W)**   |

## Basketball Shoes

- |  |  |
|--|--|
| <b>Adidas</b><br><input type="checkbox"/> Pharrell Williams o to 60 (M)**<br><input type="checkbox"/> Dame 7 (M)** | <b>Nike</b><br><input type="checkbox"/> Kyrie 7 (M)***, LeBron 18 (M)***<br><input type="checkbox"/> Zoom KD13 (M)** |
|--|--|

## Day Hikers and Trail Running Shoes

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|--|---|
| <b>ASICS</b><br><input type="checkbox"/> GT 2000 8 Trail (M/W)**   | <b>Merrell</b><br><input type="checkbox"/> Chameleon Prime or Moab (M/W)**  |
| <b>Brooks</b><br><input type="checkbox"/> Cascadia 15/GTX (M/W)*   | <b>New Balance</b><br><input type="checkbox"/> 978 (M/W)***   |
| <b>HOKA</b><br><input type="checkbox"/> Sky Kaha (M/W)*<br><input type="checkbox"/> Sky Toa Day Hiker (M/W)*<br><input type="checkbox"/> Tennine Hike (M/W)* | <b>OBOZ</b><br><input type="checkbox"/> Sawtooth II (M/W)   |
| <b>Keen</b><br><input type="checkbox"/> Targhee III (M/W)***   | <b>ON</b><br><input type="checkbox"/> Cloudventure (M/W)*   |
|  | <b>TOPO</b><br><input type="checkbox"/> Ultraventure 5mm drop (M/W)**<br><input type="checkbox"/> MTN Racer 5mm drop (M/W)* |

## Clogs and Casual Shoes

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|--|--|
| <b>Alegria</b><br><input type="checkbox"/> Dress Casual, Sandal (W)  | <b>Dromedaris</b><br><input type="checkbox"/> Dress casual (W) |
| <b>Dansko</b><br><input type="checkbox"/> Professional ***<br><input type="checkbox"/> Professional XP *** |  |

## Sandals

- |   |   |
|---|---|
| <b>Chaco</b><br><input type="checkbox"/> Z1 or Z2 | <b>Keen</b><br><input type="checkbox"/> Newport or Venice |
|---|---|

## Over-the-Counter Orthotics

- Arch Molds®
- Biosoft®
- ProLab®
- Quickstride®
- Sof Sole Custom®
- Superfeet®

\*\*\* Maximum motion control in category  
 \*\* Moderate motion control in category  
 \* Mild motion control in category