

# Virginia Mason Sports Medicine

Shoe List by *Mark T. Reeves, DPM*

**RUNNING: Motion Control/Anti-Pronation**

**CUSHION/NEUTRAL:**

- |  |  |   |  |
|--|--|---|--|
| <input type="checkbox"/> <b>BROOKS:</b><br>- Glycerin GTS 20 (M/W)<br>- Ghost 14/GTX (M/W)<br>- Dyad 11 (M/W)              | <input type="checkbox"/> <b>ASICS:</b><br>- Cumulus 24 (M/W)<br>- Nimbus 24 (M/W)<br>- Glideride 3 (M/W)                               | <input type="checkbox"/> <b>MIZUNO:</b><br>- Wave Rider 25 (M/W)<br>- Wave Creation 20 (M/W)  | <input type="checkbox"/> <b>HOKA:</b><br>- Speedgoat 4 (M/W)<br>- Stinson ATR 6 (M/W)<br>- Bondi X (M/W)<br>- Bondi 8 (M/W)<br>- Carbon X3 (M/W) |
| <input type="checkbox"/> <b>NEW BALANCE:</b><br>- Fresh Foam 1080v11 (M/W)<br>- 880v11 (M/W)<br>- Fresh Foam More v3 (M/W) | <input type="checkbox"/> <b>NIKE:</b><br>- ZoomX Vaporfly NEXT% 2 (M/W)<br>- Zoom Pegasus 38 (M/W)<br>- React Infinity Flyknit 3 (M/W) | <input type="checkbox"/> <b>SAUCONY:</b><br>- Ride 13 (M/W)<br><input type="checkbox"/> <b>TOPO:</b><br>- Ultrafly 3,5mm drop (M/W) | <input type="checkbox"/> <b>ON:</b><br>- Cloudace (M/W)<br><input type="checkbox"/> <b>ALTRA</b><br>- Olympus 4 (M/W)                            |

**STABILITY - MILD MOTION CONTROL:**

- |   |  |  |   |
|---|--|--|---|
| <input type="checkbox"/> <b>ASICS:</b><br>- Kayano 29 (M/W)                       | <input type="checkbox"/> <b>BROOKS:</b><br>- Adrenaline GTS 22 (M/W)                 | <input type="checkbox"/> <b>MIZUNO:</b><br>- Inspire 18 (M/W)<br>- Horizon 6 (M/W) | <input type="checkbox"/> <b>ALTRA:</b><br>- Paradigm 5 (M/W)<br>- Provision 5 (M/W) |
| <input type="checkbox"/> <b>NIKE:</b><br>- Structure 24 (M/W)                     | <input type="checkbox"/> <b>SAUCONY:</b><br>- Guide 14 (M/W)<br>- Hurricane 23 (M/W) |  |   |
| <input type="checkbox"/> <b>NEW BALANCE:</b><br>- 860v12 (M/W)<br>- 940v4 (M/WW)8 | <input type="checkbox"/> <b>HOKA:</b><br>- Gaviota 4 (M/W)<br>- Arahi 6 (M/W)        |  |   |

**MODERATE MOTION CONTROL:**

- |   |   |
|---|---|
| <input type="checkbox"/> <b>SAUCONY:</b><br>- Omni 19 (M/W) | <input type="checkbox"/> <b>BROOKS:</b><br>- Addiction GTS 15 (M/W) |
|---|---|

**MAXIMUM MOTION CONTROL:**

- |  |  |
|--|--|
| <input type="checkbox"/> <b>BROOKS:</b><br>- Beast 20 (M) or Ariel (W) | <input type="checkbox"/> <b>NEW BALANCE:</b><br>- 1540v3 (M/W) |
|--|--|

**TENNIS used as CROSS-TRAINERS – see legend at bottom right of page for meaning of \*\*\* before shoes**

- |   |  |   |  |
|---|--|---|--|
| <input type="checkbox"/> <b>HEAD:</b><br>*** Revolt Pro 4.0 (M/W) | <input type="checkbox"/> <b>ASICS:</b><br>*** Gel-Resolution 8 | <input type="checkbox"/> <b>PRINCE:</b><br>** T22 (M/W) | <input type="checkbox"/> <b>K-SWISS:</b><br>** Ultrashot 3 (M/W) |
|---|--|---|--|

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

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> <b>BROOKS:</b><br>** Addiction Walker 2 (M/W) | <input type="checkbox"/> <b>SAUCONY:</b><br>** Omni Walker 3 (M/W) | <input type="checkbox"/> <b>NEW BALANCE:</b><br>*** 928v3 (M/W)<br>** 847v4 (M/W), * 813v1 (M/W) | <input type="checkbox"/> <b>HOKA:</b><br>* Bondi Leather (M/W) |
|--|--|--|--|

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

- |  |   |
|--|---|
| <input type="checkbox"/> <b>NIKE:</b><br>*** LeBron Witness 6 (M), LeBron 19 (M)<br>** Zoom KD15 (M), Zoom GT Jump (M) | <input type="checkbox"/> <b>ADIDAS:</b><br>** Donovan Mitchell D.O.N. Issue #3 (M)<br>** Dame 8 (M) |
|--|---|

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

- |   |   |  |  |
|---|---|--|--|
| <input type="checkbox"/> <b>MERRELL:</b><br>** Chameleon Prime or Moab (M/W)        | <input type="checkbox"/> <b>NEW BALANCE:</b><br>*** 978 (M/W)   | <input type="checkbox"/> <b>ASICS:</b><br>** GT 2000 8 Trail (M/W) | <input type="checkbox"/> <b>BROOKS:</b><br>* Cascadia 16/GTX (M/W) |
| <input type="checkbox"/> <b>KEEN:</b><br>*** Targhee III (M/W)                      | <input type="checkbox"/> <b>TOPO:</b><br>** UltraVenture, 5mm drop (M/W)<br>* MTN Racer, 5mm drop (M/W) |  |  |
| <input type="checkbox"/> <b>HOKA:</b><br>* Kaha 2 GTX (M/W),<br>* Anacapa GTX (M/W) | <input type="checkbox"/> <b>OBOZ:</b> Sawtooth II (M/W)   | <input type="checkbox"/> <b>ON:</b><br>* Cloudventure              |  |

**CLOGS & CASUAL**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> <b>ALEGRIA:</b><br>- Dress Casual, Sandal (W) | <input type="checkbox"/> <b>DANSKO:</b><br>*** Professional<br>*** Professional XP | <input type="checkbox"/> <b>DROMEDARIS</b><br>- Dress Casual (W) |
|--|--|--|

**SANDALS**

- OOFOS – Slides (M/W)
  HAFLINGER GRIZZLY (M/W)
  CHACO: Z1/Z2 (M/W)
  FITFLOPS (W)

**ROCKERBOTTOM SHOES**

- MBT
  RYN

**Over-the-Counter Orthotics**

- Cadence ® Superfeet ®  
 Biosoft ® Powerstep ®  
 Sof Sole Custom ®

**Motion Control for Cross Trainers, Walking and Basketball:**

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

**Running Shoes:**

**Shoes & Feet** (15015 Main Street, #102, Bellevue)  
**West Seattle Runner** (3727 California Ave)  
**Super Jock & Jill**, (7210 E Greenlake Dr. N, Seattle & 16095 Cleveland Street Suite 102, Redmond)  
**Run 26** (15603 Main St, Mill Creek)  
**Dress Shoes and Dress Casual: ROMAX SHOES**, 1406 1st Ave, Seattle  
**Hiking Shoes/Boots: REI** (Seattle) – *Altra* and *Topo* running shoes

**UPDATED 8/17/22**