

# 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 15/GTX (M/W)<br>- Dyad 11 (M/W)                                      | <input type="checkbox"/> <b>ASICS:</b><br>- Cumulus 25 (M/W)<br>- Nimbus 25 (M/W)<br>- Glideride 3 (M/W)                        | <input type="checkbox"/> <b>MIZUNO:</b><br>- Wave Rider 27 (M/W)<br>- Wave Creation 20 (M/W)                   | <input type="checkbox"/> <b>HOKA:</b><br>- Speedgoat 5 (M/W)<br>- Stinson ATR 6 (M/W)<br>- Mach X (M/W)<br>- Bondi 8 (M/W)<br>- Tecton X2 (M/W) |
| <input type="checkbox"/> <b>ON:</b> Cloudmonster (M/W)   | <input type="checkbox"/> <b>ALTRA:</b> Via Olympus (M/W)  |  |   |
| <input type="checkbox"/> <b>NEW BALANCE:</b><br>- 1080v12 (M/W)<br>- 880v13 (M/W)<br>- Fresh Foam More X v4 (M/W)<br>- FuelCell SuperComp v2 (M/W) | <input type="checkbox"/> <b>NIKE:</b><br>- Pegasus 40 (M/W)<br>- React Infinity 3 (M/W)<br>- Tempo (M/W)<br>- Alphafly 2v (M/W) | <input type="checkbox"/> <b>SAUCONY:</b><br>- Ride 15 (M/W)<br><b>TOPO:</b><br>- Ultrafly (M/W)<br>4,5 mm drop |   |

**STABILITY - MILD MOTION CONTROL:**

- |   |  |   |  |
|---|--|---|--|
| <input type="checkbox"/> <b>ASICS:</b><br>- Kayano 30 (M/W)                       | <input type="checkbox"/> <b>BROOKS:</b><br>- Adrenaline GTS 22 (M/W)                 | <input type="checkbox"/> <b>MIZUNO:</b><br>- Inspire 19 (M/W)<br>- Horizon 6 (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>ALTRA:</b><br>- Paradigm 7 (M/W)<br>- Provision 7 (M/W) |  |
| <input type="checkbox"/> <b>NEW BALANCE:</b><br>- 860v13 (M/W)<br>- 940v4 (M/WW)8 | <input type="checkbox"/> <b>HOKA:</b><br>- Gaviota 5 (M/W)<br>- Arahi 6 (M/W)        |   |  |

**MODERATE MOTION CONTROL:**

- |   |   |
|---|---|
| <input type="checkbox"/> <b>SAUCONY:</b><br>- Omni 21 (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 9 | <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) | <input type="checkbox"/> <b>HOKA:</b><br>* Bondi Leather (M/W) |
|--|--|---|--|

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

- NIKE:**  
 \*\*\* G.T. Jump (M), \*\*\* LeBron Witness 7 (M), \*\* Zoom KD15 (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>KEEN:</b><br>*** Targhee III (M/W)                   | <input type="checkbox"/> <b>TOPO:</b><br>** UltraVenture 3, 5mm drop (M/W) | <input type="checkbox"/> <b>BROOKS:</b><br>* Cascadia 16/GTX (M/W) |
| <input type="checkbox"/> <b>HOKA:</b> * 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* ®  
*PCS (High Arch)* ®

**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 8/23/23**