

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>Adidas</b>	Adistar Controll II
<b>Asics Gel</b>	MC Plus* Foundation VI Kayano Evolution II
<b>Brooks</b>	Beast*/ Ariel* Addiction 7 Adrenaline Vapor
<b>Etonic</b>	Minado MC*
<b>Mizuno</b>	Wave Renegade
<b>New Balance</b>	1010* 580 (lat) 816 <sup>¥</sup> 766
<b>Nike</b>	Structure Triax
<b>Saucony</b>	Grid Stabil MC 5* Grid Resolve

## Walking<sup>§</sup>

<b>Aetrex</b>	X800 and X900 Series
<b>Brooks</b>	Addiction Walker (Leather) Synergy
<b>Dunham</b>	9890 <sup>¥</sup> 9730 <sup>¥</sup>
<b>New Balance</b>	925 <sup>¥</sup> 811
<b>Rockport</b>	Pro Walker DMX
<b>Saucony</b>	Grid Motion
<b>SAS</b>	Time Out(m) Free Time(w)

## Trail Running/Light Hiking

<b>Brooks</b>	Addiction ASR3
<b>Merrill</b>	Chameleon Thermo
<b>Montrail</b>	Hardrock* Hurricane Ridge

## Cross Trainers / Aerobics

<b>Asics</b>	Gel-Alt (volleyball, xtrain)
<b>New Balance</b>	1000
<b>Nike</b>	Vick III Edge 9000 (tennis)*

## Basketball

<b>Adidas</b>	a3 Superstar
<b>New Balance</b>	886
<b>Nike Air</b>	Huarache Air Astonish

## Extra-Depth Shoes<sup>§</sup>

P.W. Minor Aetrex Soft Spot: Supreme

## Dress Shoes: Heels, Flats, Casual

*Ask your doctor how to select appropriate shoes for your needs. Evaluate shoes carefully before purchasing.*

**Aravon Ariat Beautifeel Blend Dansko Finn Comfort HS Trask Hush Puppies Munro Naot Nickels Neil M Paul Thomas Redwing Rieker Rockport Salamander Sanita Selby Sudini Taryn Rose Theresia Think**

## Sandals

*ProLab manufactures custom orthotics for BITE® sandals. Ask your doctor for details.*

*Sandal brands that can accept custom orthoses include:*

**Ariat Birkenstock Bite Dansko Finn Comfort Naot Solvee Theresia**

## Clogs and Slippers

*Nontraditional slippers for support and comfort.*

**Capsoles Daniel Green Clogs Finn Comfort Orb Geisswan Clogs Heflinger Clogs Naot Iceland or Glacier Stegmann Clogs**

## Insoles

*For use under orthotic after removing the insole.*

**Dr. Scholl's:** Air Pillow Insole **Spenco:** Flat Insole

**§ Best shoe types for use with ProLab Functional AFO**  
**\*Maximum motion control**  
**¥ Shoe has a rocker sole**



*Wearing proper shoes is an important part of keeping your feet healthy.  
 Always remove the shoe insole before inserting orthotics.*