



HRUSKA CLINIC RECOMMENDED SHOE LIST

Abnormal movement patterns with faulty neurologic sensory input from the floor can result in the development of neck, trunk, and pelvis instability. If references from the floor are not correctly established during the gait cycle, compensation occurs with poor ability to move our bodies forward and back, side to side and rotate left to right. This compensation can affect our occlusion and create tension in the neck, back, hip flexors and the foot and ankle. The Hruska Clinic Integrative Footwear list includes shoes that allow for guidance and new references from the floor thru the heel, arch, and toes during the gait cycle. This new pattern of sensory input and grounding from the floor allows for good postural and upright function to regain control of the body position to move forward with reciprocal and alternating movement in the arms and legs.

Hruska Clinic Integrative Footwear List

Asics Nimbus 23

Asics GT 4000 V2

Brooks Dyad 11

Brooks Addiction 14

Brooks Addiction Walker Suede

Limited 1st Ray mobility/Early Heel Rise (rocker shoe)

Hoka Arahi 5 (average mid-foot)

Hoka Bondi 7 (rigid mid-foot)

Hoka Clifton 7 (average to low arch)

NB 1080 V10

Rigid Mid-Foot (high arch)

Asics Cumulus 22

Asics Nimbus 23

Brooks Dyad 11

Brooks Ghost 13

Brooks Glycerin 19

Semi-Rigid Mid-Foot (average to low arch)

Asics Kayano 27

Asics GT 4000 V2

Brooks Addiction 14/Walker Suede

Brooks Adrenaline 21

Brooks Glycerin GTS (light weight individual)

BOLD = Top Recommendation

Underlined = Best with PRI Orthotics

Tips for shoe shopping:

- Your shoes should feel comfortable right away. You should not feel like you need to “break them in.”
- When walking you should be able to “sense” your heel, arch, and big toe on both feet.
- Stand on your left leg with left arm forward and right arm back and you should be able to sense your entire left foot on the floor; heel, arch and toes.
- Stand on your right leg and with right arm forward and left arm back and you should be able to sense your entire right foot on the floor; heel, arch, and toes.
- Your Physical Therapist should ensure this is YOUR shoe with PRI objective tests being negative in your pelvis, thorax, and neck.

10% off discount from the following Lincoln, Nebraska Businesses

Fleet Feet: located at 7701 Pioneers, Lincoln, NE and can be reached at (402) 904-4648

Lincoln Running Company: located at 1213 Q Street, Lincoln, NE and can be reached at (402) 474-4557

Scheels: located at 27th and Pine Lake, Lincoln, NE and can be reached at (402) 420-9000



HRUSKA CLINIC SHOE LIST

Qualities of a Good Shoe:



Heel counter does not collapse in



Shoe bends in the toe box easily and not in the middle of the shoe. Toe box bend stiffness okay with limited first ray mobility or early heel rise.



Limited outside heel give.



Heel height should be symmetrical.



Heel cup should match width of your calcaneus (heel bone).



Heel height should be well above heel bone.



Upper shoe structure (vamp) should have more than one piece of material.

Qualities of a Poor Shoe:

