

Virginia Mason Sports Medicine

Shoe List by Mark T. Reeves, DPM

RUNNING: Motion Control/Anti-Pronation

CUSHION/NEUTRAL:

- | | | | |
|--|--|--|---|
| <input type="checkbox"/> BROOKS:
- Glycerin GTS 19 (M/W)
- Ghost 14/GTX (M/W)
- Dyad 11 (M/W) | <input type="checkbox"/> ASICS:
- Cumulus 22 (M/W)
- Nimbus 23 (M/W)
- Glideride 2 (M/W) | <input type="checkbox"/> MIZUNO:
- Wave Rider 25 (M/W)
- Wave Creation 20 (M/W) | <input type="checkbox"/> HOKA:
- Speedgoat 4 (M/W)
- Stinson ATR 6 (M/W)
- Bondi 7 M/W) |
| <input type="checkbox"/> NEW BALANCE:
- Fresh Foam 1080v11 (M/W)
- 880v11 (M/W)
- Fresh Foam More v3 (M/W) | <input type="checkbox"/> NIKE:
- Zoom Tempo NEXT% (M/W)
- Zoom Pegasus 37 (M/W)
- React Infinity Flyknit 2 (M/W) | <input type="checkbox"/> SAUCONY:
- Ride 13 (M/W)
TOPO:
- Ultrafly 3,5mm drop (M/W) | <input type="checkbox"/> ON:
- Cloudace (M/W)
ALTRA
- Olympus 4 (M/W) |

STABILITY - MILD MOTION CONTROL:

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> ASICS:
- Kayano 28 (M/W) | <input type="checkbox"/> BROOKS:
- Adrenaline GTS 21 (M/W) | <input type="checkbox"/> MIZUNO:
- Inspire 17 (M/W)
- Horizon 5 (M/W) | <input type="checkbox"/> ALTRA:
- Paradigm 5 (M/W)
- Provision 5 (M/W) |
| <input type="checkbox"/> NIKE:
- Structure 24 (M/W) | <input type="checkbox"/> SAUCONY:
- Guide 14 (M/W)
- Hurricane 23 (M/W) | | |
| <input type="checkbox"/> NEW BALANCE:
- 860v11 (M/W)
- 940v4 (M/WW)8 | <input type="checkbox"/> HOKA:
- Gaviota 3 (M/W)
- Arahi 5 (M/W) | | |

MODERATE MOTION CONTROL:

- | | |
|---|---|
| <input type="checkbox"/> SAUCONY:
- Omni 19 (M/W) | <input type="checkbox"/> BROOKS:
- Addiction 14 (M/W) |
|---|---|

MAXIMUM MOTION CONTROL:

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

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

- | | | |
|---|---|--|
| <input type="checkbox"/> NIKE:
** Air Zoom Vapor Cage 4 (M/W) | <input type="checkbox"/> HEAD:
*** Revolt Pro 3.0 (M/W) | <input type="checkbox"/> ASICS:
*** Gel-Resolution 8 |
| <input type="checkbox"/> K-SWISS:
** Ultrashot 2 3 (M/W) | <input type="checkbox"/> PRINCE:
** T22 (M/W) | |

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

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

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

- | | |
|---|--|
| <input type="checkbox"/> NIKE:
*** Kyrie 7 (M), LeBron 18 (M)
** Zoom KD14 (M) | <input type="checkbox"/> ADIDAS:
** Pharrell Williams 0 to 60 (M)
** Dame 7 (M) |
|---|--|

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

- | | | |
|---|--|--|
| <input type="checkbox"/> MERRELL:
** Chameleon Prime or Moab (M/W) | <input type="checkbox"/> NEW BALANCE:
*** 978 (M/W) | <input type="checkbox"/> ASICS:
** GT 2000 8 Trail (M/W) |
| <input type="checkbox"/> KEEN:
*** Targhee III (M/W) | <input type="checkbox"/> TOPO:
** UltraVenture, 5mm drop (M/W) | <input type="checkbox"/> BROOKS:
* Cascadia 15/GTX (M/W) |
| <input type="checkbox"/> HOKA:
* Sky Kaha (M/W),
* Sky Toa Day Hiker (M/W)
* Tennine Hike (M/W) | <input type="checkbox"/> OBOZ: Sawtooth II (M/W) | <input type="checkbox"/> ON:
* Cloudventure |

CLOGS & CASUAL

- | | | |
|--|--|--|
| <input type="checkbox"/> ALEGRIA:
- Dress Casual, Sandal (W) | <input type="checkbox"/> DANSKO:
*** Professional
*** Professional XP | <input type="checkbox"/> DROMEDARIS
- 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 ® Sof Sole Custom ®
 Powerstep ®

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 7/5/21