



**FOOTWORKS**  
ORTHOTICS, inc

The Sports Medicine Choice!

**Recommended Running Shoe List**

Spring '10

**Neutral Cushioning –**

- |                |   |                     |  |
|----------------|---|---------------------|--|
| <b>Asics:</b>  | - Gel Nimbus 11<br>- Cumulus 11         | <b>Saucony:</b>     | - Progrid Triumph 7<br>- Progrid <b>Ride</b> 2 |
| <b>Brooks:</b> | - Glycerin 8<br>- Defyance 3            | <b>New Balance:</b> | - 1064<br>- 758                                |
| <b>Adidas:</b> | - Supernova Glide 2<br>- Adistar Ride 2 | <b>Mizuno:</b>      | - Wave Precision 10<br>- Wave Rider 13         |

**Stability/Mild Motion Control –**

- |                |   |                     |  |
|----------------|---|---------------------|--|
| <b>Asics:</b>  | - Gel Kayano 16<br>- Gel 3010<br>- GT-2150    | <b>Saucony:</b>     | - Progrid Hurricane 11<br>- Progrid <b>Guide</b> 2<br>- Progrid Omni |
| <b>Brooks:</b> | - Adrenaline GTS 10<br>- Trance 10            | <b>New Balance:</b> | - 859<br>- 760   |
| <b>Adidas:</b> | - Adistar Salvation<br>- Supernova Sequence 2 | <b>Mizuno:</b>      | - Wave Nirvana 5<br>- Wave Inspire 5                                 |

**Moderate Motion Control –**

- |                     |                                 |                |                   |
|---------------------|---------------------------------|----------------|-------------------|
| <b>Asics:</b>       | - Evolution 5<br>- Foundation 8 | <b>Mizuno:</b> | - Wave Alchemy 10 |
| <b>New Balance:</b> | - 1225                          |                |                   |

**Maximum Motion Control –**

- |                |   |                 |                     |
|----------------|---|-----------------|---------------------|
| <b>Brooks:</b> | - Beast (Men's)<br>- Ariel (Women's)<br>- Addiction 8 | <b>Saucony:</b> | - Progrid Stabil CS |
|                |   | <b>Mizuno:</b>  | - Wave Renegade 4   |

**Light-Weight Trainers (Promote Forefoot/Midfoot Running = Less Injuries) –**

- |                |                     |                     |                   |
|----------------|---------------------|---------------------|-------------------|
| <b>Newton:</b> | - All Models        | <b>New Balance:</b> | - 801             |
| <b>Mizuno:</b> | - Wave Precision 10 | <b>Ecco:</b>        | - Biom A / Biom B |