RECOMMENDED SHOE LIST

The correct shoe can make or break your program. Every time you stand up, your whole body is influenced by your feet. The proper shoe can provide more control of the heel bone and arch, sensory guidance for proper gait mechanics, and/or cushion to sense the foot's impact on your body. Your PRI Trained Therapist should ensure the shoe you have is YOUR shoe with PRI objective tests of your pelvis, thorax, and neck.

SCHUSTER PHYSICAL THERAPY INTEGRATIVE FOOTWEAR SHOES

- [ ] Brooks Adrenaline (GTS) 23: Great overall shoe for average arch individuals for heel, arch, and big toe sense during the gait cycle. (average arch category)
- [ ] New Balance 860 V 13: Great overall shoe for average arch individuals for heel, arch, and big toe sense during the gait cycle with a wider toe box. (average arch category)

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

- [ ] Asics Kayano V30
- [ ] Brooks Adrenaline GTS 23
- [ ] Brooks Glyderin GTS 21
- [ ] New Balance 860 V 13

Rigid Mid-Foot (high arch)

- [ ] Asics Cumulus 26
- [ ] Brooks Glycerin 21
- [ ] Brooks Ghost 15

Laxed Mid-Foot (low arch)

- [ ] Asics GT 2000 V12
- [ ] Brooks Addiction 15
- [ ] Brooks Ariel GTS 23 (women)
- [ ] Brooks Beast GTS 23 (men)

Rocker shoes: (Only for Limited Big Toe Motion)

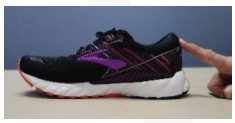
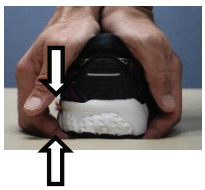
- [ ] Hoka Arahi 7 (average mid-foot)
- [ ] Hoka Bondi 8 (rigid mid-foot)
- [ ] Hoka Clifton 9 (average to low arch)
- [ ] Brooks Ghost Max 15

SHOE LIST GUIDELINES

The qualities we look for in a shoe are based on the mechanics and sensory input we want our patients to have when they wear the shoe. This is to ensure their entire body can maintain appropriate position and balance while they stand and walk. All shoes on the Schuster PT shoe list have these qualities, however this list is not an exhaustive list of all "good" shoes possible. The same qualities should be used to determine if any shoe, basketball, hiking, casual wear, etc. are "good". The number one quality for any shoe is its ability to keep your entire body neutral as determined by your PRI Trained therapist.

TIPS FOR SHOE SHOPPING

- Shoes should feel comfortable right away. You should not need to "break them in."
- Tighten the shoelaces from the bottom up. Shoes should be tied tight enough that you need to untie them to take your shoes off. This will help hold your foot in the shoe.
- You should be able to "sense" your heel, arch, and big toe on both feet when walking.
- Your heel bone should not slip up and down in the shoe when you walk
- If you stand and balance on each foot with your opposite leg in front of you (as if you took a step), you should be able to balance and sense your heel, arch and big toe on the ground all at the same time. If you can't sense all 3 together, the amount of support of that shoe is not ideal for you.

GOOD EXAMPLES		BAD EXAMPLES
	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 big toe motion or early heel rise	
	Limited outside heel give	
	Heel support should be vertical (not tipped)