

## Dr. Segler's Spring/Summer 2010 Recommended Running Shoe List

**Motion Control**- *Best for "overpronators" who's feet roll inward when they walk and run. Often associated with flat feet, they have arches that flatten out completely when running. These folks need the added support of Motion Control running shoes to prevent injury.*

**ASICS** - Gel Evolution 5 (Men and Women, available in wide) **Gel Fortitude 4** (Men and Women, available in wide)

- **Gel Foundation 9** (Men and Women, available in wide)

**Brooks** - **Ariel** (Women Only, available in wide), **Beast** (Men Only, available in wide)

- **Addiction 9** (Men Only, available in wide)

**Mizuno** - **Wave Alchemy 10** (Men and Women) **Wave Renegade 4** (Men and Women)

**New Balance** - 1123 (Men and Women)

**Saucony** - **ProGrid Stabil** (Men and Women, available in wide)

**Structured Cushioning**- *Best for "Neutral Runners or Natural Pronators" with a medium arch. These feet disperse shock effectively when they walk and run. They need a shoe that maintains this natural pronation, protecting against overpronation.*

**Adidas** - **Adistar Control** (Men and Women), **Supernova Control** (Men and Women)

**ASICS** - **Gel Kayano 16** (Men/Women), **Gel 3020** (Men/Women, avail wide & women narrow)

**Brooks** - **Adrenaline GTS 10** (Men/Women, available in wide & women narrow),

- **Trance 9** (Men/Women) **Infiniti 2** (Men/Women)

**Mizuno** - **Wave Nirvana 6** (Men and Women), **Wave Inspire 6** (Men and Women), **Wave Nexus 4** (Men and Women)

**New Balance** - **MR758** (Men/Women, avail wide),

**Nike** - **Air Equalon** (Men and Women), **Structure Triax** (Men and Women), **Lunar Glide** (Men and Women),

**Saucony** - **Grid Hurricane** (Men/Women), **Grid Omni** (Men/Women, available in wide), **Progrid Guide** (Men/Women)

**Newton** - **Motion** (Men/Women)

**Cushioning** - *Best for "Underpronators or Supinators" who's feet don't roll inward when they run. Often associated with high arches and prone to shin splints and pain in the great toe joint. This foot type is often rigid and does not effectively absorb shock. They need flexible shoes with maximum cushioning against impact when running.*

**Adidas** - **Adistar Cushion** (Men/Women), **Supernova Cushion** (Men/Women, available in wide women)

**ASICS** - **Gel Nimbus 12** (Men and Women), **Gel Cumulus 12** (Men and Women)

- **Gel Landreth 6** (Men and Women), **Gel Kushon 2** (Men and Women)

**Brooks** - **Defyance 3** (Men/Women, available in wide), **Glycerin 8** (Men/Women)

**Mizuno** - **Wave Creation 11** (Men and Women), **Wave Rider 13** (Men and Women, available in wide)

**New Balance** - 1064 (Men/Women, available in wide),

**Nike** - **Air Max Moto** (Men/Women), **Air Zoom Vomero** (Men/Women), **Pegasus** (Men/Women, avail women narrow)

**Saucony** - **Shadow 6000** (Men/Women, available in wide women), **Grid Triumph** (Men/Women),

**Grid Shadow 11** (Men/Women)

**Newton** - **Gravity Trainer** (Men/Women),

**Lightweight Cushioning** – Light and more flexible shoes for fast running or racing. *Best for "Neutral Runners or Natural Pronators" with a medium arch who want to train and race...fast*

**ASICS** - **Gel DS Trainer** (Men and Women)

**Brooks** - **Launch** (Men and Women)

**New Balance** - 905 (Men and Women)

**Mizuno** - **Wave Elixir 5** (Men and Women)

**Nike** - **Lunar Elite** (Men)

*Replace your running shoes every 200-300 miles.*

*Wearing proper shoes is an important part of keeping your feet healthy.*

*Always remove the shoe insole before inserting your orthotics.*

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