

Shoe Guide

Understanding and selecting shoes is an important part of your success in any type of physical activity. Here is a breakdown for all types of activities and foot types: For more shoe information visit www.aapsm.org.

Young runners (high school & college) with no history of injuries:

- ASICS GT-2000 & Cumulus
- Hoka One One Clayton
- Nike Pegasus

Joint problems and high arched feet (good cushioning)

- Adidas Supemova
- Altra Escalante
- Asics Nimbus (width options)
- Brooks Glycerin, Levitate, Dyad
- Nike Vomero (width options) Zoom Fly
- Hoka Bondi & Clifton (width options)
- New Balance 1080 (width options)
- Saucony Freedom

For Stability (for mild to moderate over-pronation)

- Adidas Supemova ST
- Asics Kayano
- Brooks Adrenaline, Transcend
- Hoka Gaviota
- New Balance 860 & 880 (width options)
- Nike Air Structure Triax (width options)
- Saucony Guide

For Motion Control (heavier individuals, severe over-pronators posterior tibial dysfunction)

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|--------------------------------------|---------------------------------------|
| • ASICS GT 3000 (width options) | Walking Shoes |
| • Brooks Beast/Ariel (width options) | -ECCO -Dansko -Merrell -Mephisto -ARA |
| • Saucony Redeemer (width options) | -Clarks -SAS -Sketcher Memory foam |

Trail

Sandals: OOFOS Vionic/Orthoheel

- Adidas Terrex Agravic Speed
- Altra Torin (width options)
- ASICS GT 2000 Trail
- Hoka Stinson ATR
- Nike Wildhorse

Theories and evidence for shoe recommendations are emerging. Flat Feet no longer necessarily need a "motion control/stability" shoe. More experience runners who have proper foot strike and strength can use less supportive shoes. Those new to running, especially if overweight, may benefit from more supportive shoes. Arthritic knees tend to do better with more cushioned shoes. Those with kneecap problems (patello-femoral) tend to do better with lower heel to toe ratio, whereas those with Achilles issues do best with a higher heel to toe ratio. Shoes with rocker sole (ie Hoka One One and Nike Zoom Fly) are better for forefoot problems, especially big toe arthritis (Hallux Rigidus), neuromas and midfoot arthritis. Research has shown the most critical factor in selecting shoes is the "right" shoe is perceived fit/comfort, so make sure you try the shoe on, use your usual running socks and the end of the day so your feet are "swollen/spread out" as they can be.

LOCAL SHOE STORES:

Runner's Edge

3195 North Federal Highway, Boca Raton, FL 561-361-1950

Walk'n Shoes

7036 West Palmetto Park Road 561-338-5877

Runner's Depot

Ft. Lauderdale 1489 SE 17th Street

Coral Springs 5679 Coral Ridge Drive 954-575-2090

Davie 2233 S University Drive 954-474-4074

Weston Country Island Plaza 1378 Weston Road 754-265-3939

Running Wild

2563 East Sunrise Blvd. 954-565-9400

Fleet Feet:

Delray 1705 South Federal Highway #5 561-501-6926

Stuart 2440 N@ Federal Highway 772-232-9225