

**Exercise Walking / Running**

**New Balance:** 1540\* 880 990 1080  
**Asics Gel:** Kayano GT-3000 Foundation  
**Etonic:** Stable Pro  
**Brooks:** Beast\* / Ariel\* Addiction Adrenaline  
**Saucony:** Ride Omni Hurricane  
**Adidas:** Adistar Control Supernova Sequense  
**Aetrex:** Runner

**Running / Exercise Walking—Neutral & Cushioned**

**Hoka:** Stinson, Bondie (wide), Gaviota  
**Altra:** Olympus, Paradigm Torin  
**Asics:** Metaride **New Balance:** Fresh Foam More

**Walking:**

**Rockport:** Pro Walker DMX  
**New Balance:** 928 813 Postal 706 (Black shoes)  
**Brooks:** Addiction Walker (Leather) (Black shoes)  
**Saucony:** Grid Stabil  
**Aetrex:** all walkers  
**Hoka:** Bondi LTR (Black and White), Gaviota (black)

**Trail Run / Walking / Light Hiking**

**Merrill:** Chameleon Moab  
**Brooks:** Adrenaline  
**Hoka:** Tennine  
**New Balance:** 978 1300 1400 Fresh Foam More  
**Adidas:** Response TRC  
**Montrail:** Mountain Masochist

**Cross Trainers / Tennis**

**K-Swiss:** Big Shot  
**Nike:** Renew Monarch  
**New Balance:** TRNR 806 857 624 608  
**Adidas:** Barricade Boost  
**New Balance:** 1006

**Basketball**

**Nike Air:** LeBron Zoom  
**Adidas:** Crazy Explosive Hardin  
**New Balance:** Kawhi

**Sandals - Can Accept Custom Orthotic**

◆Naot ◆Finn Comfort ◆Aetrex Alegria Cabocomfortsandals

**Sandals - Built-in Arch Support**

◆Vionic Flip-flops / Sandals ◆Sole ◆Spenco ◆Hoka Recovery

\*Extra Stable. For heavy people or flat feet

**Dress Shoes—Women : Flats, Clogs, Casual**

◆Rockport ◆Aetrex ◆Ariat ◆Dansko ◆Ecco  
 ◆Vionic ◆Munro ◆Sanita ◆Nickels ◆Aravon  
 ◆Naot ◆Dunham ◆Sudini ◆Earthies ◆Theresia  
 ◆SAS—Free Time ◆Alegria ◆Healthy fashion shoes [www.LuckyGirlShoes.com](http://www.LuckyGirlShoes.com)

**Dress Shoes—Men:**

◆Rockport ◆SAS-Time Out ◆Neil M. ◆Dansko ◆Kumfs  
 ◆Dunham ◆Timberland ◆Ecco ◆Allen Edmonds ◆Hush Puppies  
 ◆Naot ◆Cole-Haan ◆Aetrex ◆Orthofeet ◆SAS—Time out

**Extra Depth**

Apex Aetrex PW Minor Acor Sequoia Orthofeet Drew  
*(Depth shoes at SHOES-n-FEET, Wide Shoes, Chicks)*

**Rocker Soles:** [www.FootAnkle.com/Rockersole-Shoes.htm](http://www.FootAnkle.com/Rockersole-Shoes.htm)

PW Minor Hoka Dansko Altra: Olympus

**Slippers:** [www.FootAnkle.com/Womens-Slippers.htm](http://www.FootAnkle.com/Womens-Slippers.htm)

-Vionic -Haflinger -Merrill Slides -Spenco -Hoka recovery slide  
**Vionic:** (Go to [www.FootAnkle.com](http://www.FootAnkle.com) and search Vionic)

**Socks—avoid cotton socks**

Juzo Silver Thor-Lo Cool-Max Smartwool Jobst WrightSock

**Insoles: To go under orthotic after removing sockliner**

**Dr. Scholls:** Air Pillow Insole **Spenco:** Flat Insole SofSole

**OTC Arch Supports:** [www.FootAnkle.com/off-the-shelf.htm](http://www.FootAnkle.com/off-the-shelf.htm)

**ATHLETIC**

**FootChair** - Adjustable Arch Insoles—office  
**PowerStep ProTech**  
**PowerStep Wide** (for wide and flat feet)  
**Superfeet** - Green - REI

**DRESS INSOLES**

**FootChair**—Slim (adjustable arch insole for dress shoes) - office  
**PowerStep SlenderFit** (for dress shoes, flats and heels)

**Prolab Prefab** (covered and non-covered) - office.  
**Prolab Kiddy** orthotic—office (not on Amazon)

**Graphite/Carbon Fiber Plate to stiffen shoe** (ShoesNFeet and Sole Perfection)

**Shoe Stores**

<b>Super Jock n Jill:</b> Greenlake	<b>SHOES-n-FEET:</b> Bellevue	<b>Sole Perfection:</b> Multiple
<b>Fleet Feet:</b> Capital Hill, Balard	<b>Market St Shoes</b> Ballard	<b>Chick's:</b> Mercer Island
<b>Ascent Outdoors:</b> (Hiking)	<b>Wide Shoes</b> Shoreline, Renton	<b>Romax:</b> Downtown
	<b>REI:</b> Multiple	

*Note: The shoe stores on this list are retailers with whom we have had positive experiences. There are other quality shoe stores in the region. Any shoe retailer who is interested in being listed is invited to call our office for an appointment to meet with us.*

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