

MOTION CONTROL RUNNING SHOES
(MAJOR MEDIAL ENHANCEMENT FOR THE EXCESSIVE PRONATOR)

Model	\$ Price	Forefoot Flexibility/ Rocker	Dense Medial Foam		Plastic Medial Post	Heel Counter Firmness	Lateral Heel Midsole	Torsional Rigidity	Ladies	Men	Width Sizing Available	Model It Replaces	Description
			Slight	Extensive									
New Balance 1123 MC	\$190	Flexible / Max Rocker	—	√	√	Very	Firm	High	√	√	√	New Balance 1122	A major motion control shoe with a lot of "medial" heritage. The previous 1122 had a buttress like medial wall...less in this one but perfect for huge pronation.
Asics Foundation VIII	\$150	Moderate / Moderate Rocker	—	√	√	Very	Firm	High	√	√	√	Foundation VII	For the amount of support it gives, the shoe is quite light as is expected from Asics. Strong heel counter and a broad sole plate.
New Balance 587	\$160	Flexible / Minimal Rocker	√	—	√	Very	Firm	High	√	√	√	New Balance 586	This shoe has remained unchanged for years. It has a rollbar on both sides of the shoe (medial is bigger), combined with a polyurethane rearfoot and durability, works well for heavier individuals and diabetics
Saucony Grid Stabil CS	\$150	Moderate / Moderate Rocker	—	√	√	Very	Moderate	High	√	√	—	Stabil 6	This model is unique in that the more dense medial midsole insert extends into the forefoot of the shoe. Ideal for the late stage pronator and the planus foot.
New Balance 850	\$160	Stiff / Max Rocker	—	√	√	Very	Moderate	High	√	√	√	New Balance 859	Characterized by the new generation medial post called "STABIL CORE" it is unique in that its thickness is graded from thick to thin both medial to lateral and proximal to distal to help guide the foot during midstance pronation.
Mizuno Renegade IV	\$170	Stiff / Moderate Rocker	—	—	√	Very	Moderate	High	√	√	—	III	Higher amplitude wave and dense pillows mechanically act as medial posts. Most notably this model has an extended wave in the forefoot for increased forefoot stiffness.
Adidas Adistar Salvation	\$150	Very Flexible / Moderate Rocker	√	—	√	Moderate	* see notes	Moderate	√	√	—	Adistar CTL	The decoupled heel helps to reduce lever forces, provide mechanical cushioning, and a good base of support at heel strike. Great arch support!
New Balance 1224	\$180	Flexible / Max Rocker	—	√	√	Very	Soft	High	√	√	√	New Balance 1223	Deep toe box in a traditional New Balance fitting shoe. Good rocker profile with a firm supportive arch saddle.
Asics Evolution II	\$200	Flexible / Max Rocker	√	√	√	Very	Moderate	High	√	√	—	Evolution	A real runner's motion control shoe with a wide sole plate and great torsional rigidity, light given how much shoe.