

**Virginia Mason Sports Medicine**  
Shoe List by Mark T. Reeves, DPM

**RUNNING: Motion Control/Anti-Pronation**

**CUSHION:**

- |   |   |
|---|---|
| <input type="checkbox"/> <b>BROOKS:</b><br>- Glycerin 6 (M/W)<br>- Radius 7 (M/W) | <input type="checkbox"/> <b>ADIDAS:</b><br>- Supernova Cushion 6 (M/W)            |
| <input type="checkbox"/> <b>NEW BALANCE:</b><br>- 992 (M/W)                       | <input type="checkbox"/> <b>ASICS:</b><br>- Fortitude 2 (M/W)<br>- Nimbus 9 (M/W) |
| <input type="checkbox"/> <b>MIZUNO:</b><br>- Wave Creation 8 (M/W)                |   |

**MILD MOTION CONTROL:**

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> <b>ASICS:</b><br>- 2120 (M/W)<br>- Kayano 13 (M/W)         | <input type="checkbox"/> <b>BROOKS:</b><br>- Adrenaline 7 (M/W)   | <b>STABILITY:</b><br><input type="checkbox"/> <b>MIZUNO:</b><br>- Nirvana 3 (M/W)<br><input type="checkbox"/> <b>NEW BALANCE:</b><br>- 767 (M/W)<br><input type="checkbox"/> <b>BROOKS:</b><br>- Trance (M/W) |
| <input type="checkbox"/> <b>NEW BALANCE:</b><br>- 1222 (M/W)                        | <input type="checkbox"/> <b>SAUCONY:</b><br>- Omni 6 Med. Control (M/W)<br>- Supernova Control 10 (M/W) |   |
| <input type="checkbox"/> <b>NIKE:</b><br>- Pegasus (M/W)<br>- Structure Triax (M/W) | <input type="checkbox"/> <b>MIZUNO:</b><br>- Alchemy 7 (M/W)  |   |

**MODERATE MOTION CONTROL:**

- |   |  |
|---|--|
| <input type="checkbox"/> <b>ASICS:</b><br>- Foundation 6 (M/W)<br>- Evolution 3 (M/W) | <input type="checkbox"/> <b>NEW BALANCE:</b><br>- 587 (M/W)<br>- 857 (M/W)<br>- 817 (M/W)          |
| <input type="checkbox"/> <b>ADIDAS:</b><br>- adiStar Control 4 (M/W)                  | <input type="checkbox"/> <b>SAUCONY:</b><br>- Omni 6 Ultimate Control (M/W)<br>- Hurricane 9 (M/W) |
| <input type="checkbox"/> <b>BROOKS:</b><br>- Addiction 7 (M/W)                        | <input type="checkbox"/> <b>MIZUNO:</b><br>- Renegade 3 (M/W)                                      |
| <input type="checkbox"/> <b>NIKE:</b><br>- Equalon (M/W)                              |  |

**MAXIMUM MOTION CONTROL:**

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> <b>BROOKS:</b><br>- Beast (M) or Ariel (W) | <input type="checkbox"/> <b>SAUCONY:</b><br>- Grid Stabil MC V (M/W) | <input type="checkbox"/> <b>NEW BALANCE:</b><br>- 1010 (M/W) |
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**CROSS-TRAINERS – see legend at bottom right of page for meaning of \*\*\* before shoes**

- |   |  |
|---|--|
| <input type="checkbox"/> <b>NIKE:</b><br>*** Air Trainer Huarache (M)<br>** Air Max Trainer (M) | <input type="checkbox"/> <b>NEW BALANCE:</b><br>*** 1008 (M)<br>** 802 (M/W), 780 (M/W), 1002 (M/W) Tennis/Cross<br>** 854 (M/W) |
|---|--|

**WALKING SHOES – see legend at bottom right of page for meaning of \*\*\* before shoes**

- |   |  |
|---|--|
| <input type="checkbox"/> <b>BROOKS:</b><br>*** WT: Leather Addiction (M/W)  | <input type="checkbox"/> <b>NEW BALANCE:</b><br>*** 926 (M/W)<br>** 844 (M/W)<br>* 811 (M/W) |
| <input type="checkbox"/> <b>DUNHAM:</b><br>** 8000, 9100, 910 (M), 5953 (W) |  |

**BASKETBALL – see legend at bottom right of page for meaning of \*\*\* before shoes**

- |  |  |
|--|--|
| <input type="checkbox"/> <b>NIKE:</b><br>*** Air Force STAT (M)<br>*** Air Huarache Series (M)<br>*** Max Elite Series (M) | <input type="checkbox"/> <b>ADIDAS:</b><br>** KG Bounce (M)<br>** T-MAC 6 (M)    |
| <input type="checkbox"/> <b>REEBOK:</b><br>** Pump Unanimous (M)   | <input type="checkbox"/> <b>NEW BALANCE:</b><br>** 904 (M/W)<br>** 8025/8026 (M) |

**DAY HIKERS & TRAIL RUNNING SHOES – see legend at bottom right of page for meaning of \*\*\* before shoes**

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> <b>MERRILL:</b><br>** Chameleon (M/W) | <input type="checkbox"/> <b>MONTRAIL:</b><br>** Comp & comp XCR (M/W) | <input type="checkbox"/> <b>SAUCONY:</b><br>*** Omni 5 (M/W)  |
| <input type="checkbox"/> <b>KEEN:</b><br>*** Targhee II (M/W)  |   | <input type="checkbox"/> <b>ASICS:</b><br>** Trabuco 10 (M/W) |

**CLOGS & CASUAL**

- |  |   |
|--|---|
| <input type="checkbox"/> <b>MERRILL:</b><br>** Jungle Moc, ** Pro Series (Clog and Casual) | <input type="checkbox"/> <b>DANSKO:</b><br>*** Professional |
|--|---|

**SANDALS**

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> <b>CHACO:</b><br>- Z1 or Z2 | <input type="checkbox"/> <b>KEEN:</b><br>- Newport or Venice | <input type="checkbox"/> <b>BITE:</b><br>- X-Trac or X-Trail |
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**UPDATED 11/1/07**