



QUAD A

Features:

- Neutral Cushion Shoe
- Lateral Heel Stabilizer
- Consider neutral stability models for heavier individuals

Shoe Recommendations:

- Asics Gel-Pursue, Gel-Nimbus
- Brooks Ghost, Glycerin
- New Balance 1080, 990, 928, 880, 847, 840
- Saucony ProGrid Ride

QUAD C

Features:

- Neutral Cushion Shoe
- Consider neutral stability models for heavier individuals

Shoe Recommendations:

- Asics GT 2000, Gel Nimbus, Kayano
- Brooks Defyance, Ghost, Addiction Walkers
- New Balance 1865, 1210 (offroad), 1080, 990, 928(Walking), 880, 847, Vongo
- Saucony ProGrid Echelon or Ride
- Keen Koven or Merrell Moab (Hiker)
- Hoka One Bondi, Hoka One Clifton

QUAD E

Features:

- Stability Shoe
- Straight Last

Shoe Recommendations:

- Brooks Ghost
- New Balance 1865, 1765 (Petite), 1260, 1080, 990, 940 (Heavy), 928, 860, 847, 840
- Saucony ProGrid Echelon or Ride
- Hoka One Clifton
- Keen Koven or Merrell Moab (Hiker)

QUAD B

Features:

- Stability
- Straight Last

Shoe Recommendations:

- Asics Gel-DS Trainer (narrow), Kayano
- Brooks Adrenaline GTS or Connect (narrow)
- New Balance 1260, 990, 940, 860, 840
- Saucony ProGrid Ride

QUAD D

Features:

- Stability Shoe
- Straight last
- May need Motion Control for heavier individuals

Shoe Recommendations:

- Brooks Dyad (wider), Addiction Walkers
- Asics Gel Kayano, Fortitude (more cushion)
- Saucony ProGrid Omni
- New Balance 1540, 1340, 990, 928, 857
- Keen Koven or Merrell Moab (Hiker)

QUAD F

Features:

- Motion Control Shoe
- Posted heel
- Straight Last

Shoe Recommendations:

- Brooks Beast for Men, Ariel for Women, Addiction Runners, Dyad
- New Balance 1540, 1340, 990, 940, 928, 840
- Saucony Progrid Stabil

Please note that not everyone understands the medical interpretation of “motion control/stability/neutral cushion” shoes. When you encounter this while shopping, it is best to lean more towards the model numbers given. However, model numbers change frequently. The most important piece of information to have is that the shoe should not bend at the arch but should bend at the toe-box when you try the bending test. If the shoe bends at the arch, look for another one.