



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 840 (equinus), 877, 1080, 1865
- Saucony ProGrid Ride

QUAD C

Features:

- Neutral Cushion Shoe with mid-arch stability

Shoe Recommendations:

- Asics Cumulus, Fortitude (w), GT 1000
- Teen: Asics Dynaflyte & Roadhawk
- Young Kids: Asics GT1000, Contend, Noosa, Scram
- New Balance 840, 877, 880, 928, 990, 1080, Vongo
- Saucony Pro Grid Ride, Echelon (wide)
- Keen Koven or Merrell Moab (Hiker)
- Brooks Glycerin, Ghost
- Hoka One Clifton, Bondi

QUAD E

Features:

- Neutral Cushion Shoe with mid-arch Stability
- Straight Last

Shoe Recommendations:

- Asics GT 2000, Kayano, Cumulus, Fortitude (w), GT 1000
- Teen: Asics Dynaflyte & Roadhawk
- Young Kids: Asics GT1000, Contend, Noosa, Scram
- New Balance 840, 857, 877, 880, 928, 990
- Saucony ProGrid Ride, Cohesion (kids), Echelon (wide)
- Keen Koven or Merrell Moab (Hiker)
- Brooks Glycerin, Ghost
- Hoka One Clifton

***Always buy new shoes AFTER you have your orthotics in hand. Bring your orthotics to help pick out size of shoe.**

Please note: 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.

Our list consists of some of our favorite options. Your shoe fitter may recommend a shoe that is not on this list which may be appropriate.

QUAD B

Features:

- Stability
- Straight Last

Shoe Recommendations:

- Asics Gel-DS Trainer (narrow), Kayano
- Brooks Adrenaline GTS or Connect (narrow)
- New Balance 840, 880, 1080
- Saucony ProGrid Ride

QUAD D

Features:

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

Shoe Recommendations:

- Brooks Dyad or Echelon (both wider)
- Asics Gel Kayano (w), Fortitude (more cushion-w)
- Saucony ProGrid Omni
- New Balance 623, 857, 877, 928, 940, 1540
- Keen Koven or Merrell Moab (Hiker)

QUAD F

Features:

- Motion Control Shoe
- Posted heel
- Straight Last

Shoe Recommendations:

- Asics Foundation (w)
- Brooks Beast for men, Ariel for women, Addiction
- New Balance 623, 857, 1540
- Saucony ProGrid Stabil

Kids: NB 680, 888(w), Asics GT 1000, Contend, Saucony Cohesion