



family chiropractic centre

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Maximum Stability

Generally, best suited for severe overpronators and/or moderately overpronating runners who weight more than 180 lbs. The vast majority of runners do not require this level of control but for those who do the structural features provide maximum protection and durability.

Recommended Shoes: Maximum Stability

Asics Gel-Evolution 6	Saucony ProGrid Stabil CS 2
Asics Gel-Foundation 10	New Balance 1012
Brooks Beast	New Balance 587
Brooks Ariel (women)	New Balance 993
Brooks Addiction 10	New Balance 1123

Stability

The majority of the best selling running shoes are found in the stability category. The structural features can minimize overpronation yet still provide levels of flexibility and cushioning not found in maximum stability shoes. The level of stability features can vary significantly within this category.

Recommended Shoes: Stability

Adidas Adizero Aegis 2.0 *	New Balance 817	Mizuno Wave Alchemy 11
Adidas Adistar Salvation 3	New Balance 860	Mizuno Wave Inspire 7 *
Adidas Response Stability 3	New Balance 993	Mizuno Wave Nexus 5 *
Adidas Supernova Sequence 3	New Balance 1260	Mizuno Wave Nirvana 7
Asics Gel-3030	Brooks Adrenaline GTS 11	Mizuno Wave Elixir 6 *
Asics Gel-Kayano 17	Brooks Switch 4	Saucony Progrid Omni 10
Asics Gel-Fortitude 5	Brooks PureCadence *	Saucony ProGrid Hurrricane 13
Asics GT -2160	Brooks PureFlow *	Saucony ProGrid Guide 4
Asics Gel-1160	Brooks Ravenna 2 *	Saucony Progrid Mirage *
Asics Gel-DS Trainer 16 *	Brooks Trance 10	Saucony Powergrid Cortana *

* Denotes Lightweight shoe

Neutral

Neutral shoes may have little to no stabilizing structural features. Efficient runners who are not prone to injury often do well in neutral running shoes.

Recommended Shoes: Neutral

Adidas Adizero Feather *	Brooks Glycerin 8	Reebok Premier Verona KFS II
Adidas Adistar Ride	Brooks Defyance 3	Saucony Grid Fastwitch 5 *
Adidas Adizero Boston	Brooks Ghost 2	Saucony ProGrid C2 Glide
Adidas Climacool Ride *	New Balance 1064	Saucony ProGrid Jazz 14
Adidas Adizero Sonic 2.0 *	New Balance 840	Saucony ProGrid Kinvara 2 *
Adidas Supernova Glide	New Balance 883	Saucony ProGrid Triumph 8
Adidas Response Cushion	New Balance 870 *	Mizuno Wave Enigma
Asics Gel-Nimbus 13	New Balance 890 *	Mizuno Wave Creation 12
Asics Gel-Pulse 3	New Balance 905	Mizuno Wave Prophecy
Asics Gel-Cumulus 13	New Balance 1080	Mizuno Wave Rider 14 *
Asics Gel-Landreth 7 *	New Balance 1770	Mizuno Wave Precision 12 *
	New Balance 1906	Mizuno Wave Universal 4 *

* Denotes Lightweight shoe

Cushioning

Cushioning shoes are designed for a high arched foot that requires additional shock absorption. This is a very small percentage of runners (5%).

Recommended Shoes: Cushioning

Brooks Dyad	Saucony ProGrid Echelon
Asics Gel-Cumulus 12	New Balance 1080
Brooks Glycerin	New Balance 759