



family chiropractic centre

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www.familychiropracticcentre.ca

RECOMMENDED RUNNING SHOES

1. EXCELLENT NEUTRAL STABILITY –MOST ORTHOTIC PATIENTS-MODERATE to SEVERE PRONATORS

BROOKS ADRENALINE GTS 18 ***
NEW BALANCE 1260V7 & 1540V2 & 1340V2***
NEW BALANCE 857 & 860V8
AVIA AVI-LITE GUIDANCE 9
BROOKS CASCADIA 12 & 12 GTX
ASICS GEL FORTITUDE 7, GEL-KAYANO 25
ADIDAS ADISTAR BOOST
NEW BALANCE 990V4 & 940V3
ADIDAS SUPERNOVA GUIDE 7
MIZUNO WAVE INSPIRE 14, Wave Horizon

SAUCONY HURRICANE ISO 3
SAUCONY OMNI 16
ASICS GT 3000 5
NEW BALANCE FRESH FOAM VONGO
UNDER ARMOUR SPEEDFORM EUROPA
NIKE ZOOM STRUCTURE 21
KIDS- NEW BALANCE 690, 860
ASICS GT 2000 5
SOLOMON WINGS PRO & ULTRA PRO
HOKA ONE GAVIOTA

2. MAXIMUM ROCKSOLID STABILITY Great for big Athletes, Men over 240 Lbs

NEW BALANCE 990V4***
BROOKS BEAST 16- BIG MEN STABILITY ***
BROOKS ARIEL 16- BIG WOMEN STABILITY***
SAUCONY PRO GRID STABIL CS3***

SAUCONY REDEMMEER ISO 2
NIKE ZOOM STRUCTURE 21
BROOKS ADDICTION 13

3. HIGH ARCH, NORMAL ARCH & EFFICIENT RUNNERS- ABOUT 30% RUNNERS

BROOKS GLYCERINE 16 ***, GHOST 11
NIKE AIR ZOOM PEGASUS +35
ASICS DYNAFLYTE & GEL NIMBUS 20
NEW BALANCE 890 V6, 880 V7
MIZUNO WAVE RIDER 21
HOKA ONE CLIFTON 4
SKETCHERS GO RUN ULTRA RR

BROOKS TRANSEND 4
NEW BALANCE 1080 V4
SAUCONY FREEDOM ISO 2, RIDE 10 ISO
BROOKS GOST 10 & 10 GTX***
UNDER ARMOUR BANDIT 2
REEBOK FLOATRIDE RUN FAST

4. Very light weight shoes, Almost barefoot running, for perfect feet, very low heels (BAD),

Less than 10% of the running population

NEW BALANCE FRESH FOAM BEACON, MNMUS 10V3
ASICS GL DS TRAINER 23
BROOKS PURE FLOW 6
SAUCONY TYPE A
PUMA FASS 1000 (RACER)
NIKE-FREE FLYKNIT ID, AIR ZOOM PEGASUS TURBO

SAUCONY LIBERTY ISO
ADIDAS ADIZERO TEMP 9
PUMA EVO SPEED
NEW BALANCE 890V4
NEW BALANCE 1500V3
SAUCONY KINAVERA 9