Dignity Health
Saint Francis Memorial Hospital

2013 Athletic Shoe Recommendation List

RUNNING - *Maximum Motion Control*
Asics Forte
Brooks Addiction
Brooks Ariel
Brooks Beast
New Balance 817
New Balance 1540

RUNNING - *Mild and Moderate Motion Control*
Asics 2170
Asics 2000
Asics Foundation
Asics Kayano
Brooks Adrenline
Mizuno Alchemy
New Balance 1012
New Balance 860
Nike Structure Triax
Saucony Pro Grid Omni
Saucony Grid Stabil

RUNNING - *Neutral*
Asics Kinsei
Brooks Glycerin
Mizuno Wave Creation
Mizuno Wave Rider

RUNNING - *Cushion*
Asics Cumulus
Asics Nimbus
Brooks Ghost
New Balance 880

RUNNING - *Trail*
Adidas Supernova Riot
Asics 2170 Trail
Brooks Adrenaline ASR
Brooks Cascadia
Montrail Rockridge
New Balance 876
NorthFace Double Track
Saloman Crossmax Guidance

RUNNING – *Transition*
Nike Free
Nike Lunar Glide
Saucony ProGrid Mirage
Scott eRide Support

RUNNING – *Rocker bottom*
New Balance 928
Mizuno Wave Nirvana

WALKING (Running shoes can be used and are more stable)
Brooks Addiction Walker (lace/Velcro)
New Balance 846
New Balance 928 (lace/Velcro)
Saucony Pro Grid Stabil Walker

TENNIS
Adidas Barricade
Asics Gel Solution Speed
K-Swiss Mon Fils Mid
Nike Courtballistic
Nike Vapor Zoom (wide for bunions)
Prince T-24
Wilson Tour Ikon

BASKETBALL
Adidas Adizero Rose
Adidas Adizero Light 2
Adipower Howard
Nike LeBron 9
Nike Kobe 7
Nike Zoom Hyperdunk
Nike Air Jordan

SOCCER - *Turf*
Adidas Mondial Team
Diadora Maracana
Nike Tiempo Mystic
PumaKing

SOCCER - *Indoor*
Adidas Samba Classic
Adidas Absolodo
Adidas Samba Millenium
Puma Liga

Corte Madera Town Center	Saint Francis Memorial Hospital	Alpine Square
770 Tamalpais Drive, Suite 206	900 Hyde Street, 11th floor	1777 Botelho Dr., Suite 110
Corte Madera, CA 94925	San Francisco, CA 94109	Walnut Creek, CA 94596
(415) 927-1900	(415) 353-6400	(925) 934-3536

SOCCER - *Outdoor*
Adidas Predator
Adidas Copa Mondial
Adidas Adipure SL F50
Nike Total 90
Nike Tiempo Legend
Nike Tiempo Mystic
Nike Vapor
Puma King

VOLLEYBALL
Adidas Tempara
Asics 1140V
Nike Multicourt 10
Nike Air Extreme Volley
Mizuno Wave Tornado

BASEBALL/SOFTBALL
Adidas Women's Fastpitch 4
Mizuno 9 Spike
Nike Huarache
Underarmor Heater

HIKING BOOTS - *Day Hike*
Ahnu Montara
Asolo Fugitive
Keen Alamosa
Keen Targhee
MerrellChameleon
Merrell Moab
Merrall Siren
Vasque Breeze

HIKING BOOTS - *Mid Weight*
Asolo Stynger
Asolo TPS 520
Lowa Bora GTX QC
Lowa Renegade
Lowa Zephyr
Northface Verbera
Saloman Quest
Zamberlan 310

HIKING BOOTS - *Backpacking*
Asolo Power Matic 200
Asolo TPS 535
Lowa Albula GTX
Scarpa Bhutan GTX
Zamberlan Vioz
Zamberlan 760 Steep GT

FOOTBALL – *Cleated*
Adidas Malice
New Balance 897
Nike Alpha Speed
Nike Vapor Talon
Nike Zoom

GOLF
Adidas Powerband
Adidas Tour 360
Ecco Golf World Class GTX
Footjoy Dry Joy Tour
Footjoy XRS
Nike Air Zoon TW

HOUSE SLIPPERS/SANDALS
Abeo
Chackos
FitFlops
Giesswein
Montrail
Orthoheel
Tevas

CYCLING SHOES
•Most brands and models run narrow
•Sidi and Carnac come in variable widths (may have to be ordered by bike store)
•Specialized and North Wave have slightly wider toe box
•Wedges (Lemond, Big Meat, others) can be added to cleat for knee/hip alignment problems
•Motion in the cleat is usually a good thing for knee problems
•Cycling magazines carry annual reviews of road and mountain bike shoes

DRESS AND CASUAL DRESS SHOES

MEN	***WOMEN***	
Aetrex	Aetrex	Mephisto
Allen Edmonds	Aravon	Merrell
Birkenstock	Ariat	Munro
Cole-Haan	Beautifeel	Naot
Dunham	Birkenstock	Rieker
Ecco (soft?)	Clark	Rockport
H.S. Trask	Cole-Haan	SAS
Johnston-Murphy	Dansko/Sanita Earthies	Seibel Stonefly
Mephisto	Ecco	Sudini
Neil M	Finn Comfort	Stonefly
Rockport	Joan and David	Theresia
Timberland	Kumff	Wolky
Wright's		Zzierra

www.centerforsportsmed.org

Compiled by
Remy Ardizzone, DPM
Richard Blake, DPM
Jane Denton, DPM
Jason Hiatt, DPM
Ronald Valmassy, DPM

Thanks to Shoes 'N Feet and Fleet Feet for their contribution.