



DR. SCOTT O'CONNOR

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Normal – (309) 807-0384

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<p><u>Running Shoes</u> Running Shoes - Mild Motion Control (neutral arches) Adidas Microbounce Adidas Response Cushion Adidas Supernova Cushion Aetrex Z788 Aetrex V751 Asics Gel Landreth and Asics Gel Nimbus Asics GT-2130 Asics Gel Kayano 14 Mizuno Wave Nexus 2 and Inspire 4 Mizuno Wave Nirvana New Balance 882 Reebok Premier Ultra KFS Saucony ProGrid Hurricane 10 Saucony ProGrid Trigon 5</p>	<p>Running Shoes - Moderate Motion Control (flat arches) Aetrex v551 (women) and v952 (men) Aetrex v854 Aetrex x532 (women) and x821 (men) Brooks Adrenaline GTS 8 Mizuno Wave Alchemy 7 Mizuno Wave Creation 9 New Balance 858 New Balance 901 New Balance 1122 New Balance 1222 Reebok Premier Road Plus KFS Ecco RXP 1660 Saucony ProGrid Omni 6 Saucony ProGrid Hurricane 9</p>
<p>Running Shoes - Maximum Motion Control (very flat arches) Asics Gel Foundation Asics Gel Evolution Brooks Beast New Balance 1010 New Balance 1125</p>	<p>Running Shoes –Trail + ++ +++ = <i>less to more control</i> Adidas Supernova Trail Asics Gel Eagle Trail + and Asics GT-2130 +++ Brooks Gila Trail + Montrail Vitesse + / Hurricane Ridge +++ / Hardrock +++ North Face Ultra GTX ++</p>
<p>Running Shoes – Cushioning (high arches) Aetrex Z581 Asics Gel Sensor Asics Cumulus 9 Brooks Glycerine 6 Brooks Cascadia 3 Brooks Infiniti</p>	<p>Mizuno Wave Ascend / Wave Rider Mizuno Wave Elixir / Wave Precision New Balance 768 New Balance 1061 Saucony ProGrid Triumph Saucony Trigon Guide</p>
<p><u>Walking Shoes</u> Moderate Motion Control: (flat arches) Aetrex V854 Walker Aetrex 801 Walker Asics Gel Foundation Walker Brooks Addiction Walker Brooks Addiction Walker Velcro</p>	
<p>Mild Motion Control: (neutral arches) Asics Gel Kayano Walker New Balance 926 Saucony Grid Omni Walker Maximum Motion Control: (very flat arches) Asics Gel 4 to 8 Walker Brooks Addiction Walker</p>	<p>Cushioning: (high arches) Asics Gel Cardio Walker New Balance 811 New Balance 844 Ryka Sport Walker III</p>