



## DR. SCOTT O'CONNOR

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<p><b>Running Shoes</b></p> <p><b>Running Shoes – Cushioning</b> (high arches)        Adidas Ride 2        Adidas Supernova Glide 2        Aetrex Z581        Asics Cumulus 11        Brooks Glycerine 8        Brooks Defyance 3        Mizuno Wave Rider 12 &amp; Wave Creation 10        Mizuno Wave Precision 10        New Balance 1064        Nike Air Pegasus +26 &amp; Nike Zoom Vomero +4        Saucony ProGrid Triumph 6        Saucony Ride 2</p>	<p><b>Running Shoes - Mild Motion Control</b> (neutral arches)        Adidas Response Cushion 8        Aetrex V751        Asics Gel Nimbus 11        Asics DS Trainer        Brooks Glycerine 8 &amp; Ravenna        Mizuno Elixir 4        New Balance 883 &amp; 740        Nike Zoom Elite +4 &amp; Lunar Glide        Reebok Premier Ultra KFS        Saucony Guide 3</p>
<p><b>Running Shoes - Maximum Motion Control</b> (very flat arches)        Asics Gel Foundation 8        Asics Gel Evolution 5        Brooks Beast &amp; Ariel &amp; Addiction 8        Mizuno Wave Renegade 4        New Balance 1011 &amp; 1123 &amp; 587        Saucony Progrid Stabil CS</p>	<p><b>Running Shoes –Trail</b> + ++ +++ = <i>less to more control</i>        Adidas Supernova Trail        Asics GT-2150+++        Brooks Adrenalin ASR5 ++ &amp; Cascadia +        Mizuno Cabrakan +        Montrail Vitesse + / Hurrigan Ridge +++ / Hardrock +++        Saucony Xodus * ++</p>
<p><b>Running Shoes - Moderate Motion Control</b> (flat arches)        Addidas Supernova Sequence 2 &amp; Salvation        Aetrex X532 Mens &amp; X551 Womens        Asics 2150 &amp; 1150 &amp; Gel-Kayano 16        Brooks Adrenaline 10 &amp; Trance 9 &amp; Infiniti 2 &amp; Switch 3        Ecco RXP 1660        Mizuno Alchemy 9 &amp; Wave Nexus 4        Mizuno Wave Nirvana 6</p>	<p>New Balance 850 &amp; 760        New Balance 1225 &amp; 993        Nike Equilon +4        Nike Zoom Structure &amp; Triax +13        Reebok Premier Road Plus KFS        Saucony Omni 8 *        Saucony Hurricane 11</p>
<p><b>Walking Shoes</b>-above running shoes are good as well</p> <p><b>Moderate Motion Control:</b> (flat arches)        Aetrex V854 Walker        Aetrex 801 Walker        Asics Gel Foundation Walker        Brooks Addiction Walker        Brooks Addiction Walker Velcro</p>	
<p><b>Mild Motion Control:</b> (neutral arches)        Asics Gel Kayano 7        New Balance 927/845        Saucony Grid Omni Walker</p> <p><b>Maximum Motion Control:</b> (very flat arches)        Asics 4 to 8 Walker        Brooks Addiction Walker</p>	<p>New Balance 757        New Balance 965 Trail        New Balance 659        Ryka KM Stability        Saucony Progrid Stability</p> <p><b>Cushioning:</b> (high arches)        Asics Cardio2 Walker        New Balance 811        New Balance 844        Ryka Sport Walker III</p>