



DR. SCOTT O'CONNOR

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<p><u>Running Shoes</u> Running Shoes – Cushioning (high arches) Adidas SmartRide Adidas Supernova Glide * Asics Cumulus 11 * Brooks Glycerine 7 Brooks Ghost Mizuno Wave Rider 12 * Mizuno Wave Elixir / Wave Precision New Balance 768 New Balance 1063 * Saucony ProGrid Triumph 6 * Saucony Echelon</p>	<p>Running Shoes - Mild Motion Control (neutral arches) Adidas Stability Adidas Response Cushion Asics Gel Nimbus 10 Asics Gel Landreth 5 Mizuno Creation 10 New Balance 769 Reebok Premier Ultra KFS Saucony Guide 2</p>
<p>Running Shoes - Maximum Motion Control (very flat arches) Asics Gel Foundation 8 * Asics Gel Evolution 4 Brooks Beast Mizuno Wave Alchemy 7 New Balance 1011 Saucony Stabil CS</p>	<p>Running Shoes –Trail + ++ +++ = <i>less to more control</i> Adidas Supernova Trail Asics GT-2140 +++ Brooks Adrenalin ASR5 ++ Montrail Vitesse + / Hurrigan Ridge +++ / Hardrock +++ Saucony Xodus * ++</p>
<p>Running Shoes - Moderate Motion Control (flat arches) Addidas Supernova Sequence 2 * Asics 2140 * Brooks Adrenaline GTS 9 Mizuno Nexus 3 * Mizuno Wave Nirvana 5</p> <p>New Balance 859 New Balance 1224 Reebok Premier Road Plus KFS Saucony Omni 8 * Saucony Hurricane 11</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>New Balance 757 New Balance 965 Trail New Balance 659 Ryka KM Stability Saucony Progrid Stability</p>	
<p>Mild Motion Control: (neutral arches) Asics 4 to 8 Walker New Balance 927/845 Saucony Grid Omni Walker</p> <p>Maximum Motion Control: (very flat arches) Asics Foundation Walker Brooks Addiction Walker</p>	<p>Cushioning: (high arches) Asics Cardio2 Walker New Balance 811 New Balance 844 Ryka Sport Walker III</p>