



## DR. SCOTT O'CONNOR

Fellow, American College of Foot & Ankle Surgery  
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Normal – (309) 807-0384

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Eureka – (309) 467-2371

### EXERCISE WALKING / RUNNING §

|                    |  |
|--------------------|--|
| <b>Adidas</b>      | Adistar Control                                  |
| <b>Aetrex</b>      | Rhino  |
| <b>Asics</b>       | MC Plus* Foundation Kayano<br>Evolution GT2120   |
| <b>Brooks</b>      | Beast* / Ariel* Addiction 7<br>Adrenaline Trance |
| <b>Mizuno</b>      | Wave Renegade                                    |
| <b>New Balance</b> | 587 768 859 1011 1123*                           |
| <b>Saucony</b>     | Grid/ProGrid Stability<br>ProGrid Omni 7         |

### WALKING §

|                    |                                     |
|--------------------|-------------------------------------|
| <b>Aetrex</b>      | X800 and X900 Series                |
| <b>Brooks</b>      | Addiction Walker (Leather)          |
| <b>Dunham</b>      | 5953 910 8000 9100                  |
| <b>New Balance</b> | 811 845 926                         |
| <b>Saucony</b>     | Grid Motion<br>ProGrid Stability LE |
| <b>SAS</b>         | Time Out(m) Free Time(w)            |

### TRAIL RUNNING/LIGHT HIKING

|                    |                    |
|--------------------|--------------------|
| <b>Brooks</b>      | Addiction ASR3     |
| <b>Keen</b>        | TargheeII          |
| <b>Merrill</b>     | Chameleon          |
| <b>Montrail</b>    | Hardrock* Comp XCR |
| <b>New Balance</b> | 907                |
| <b>Saucony</b>     | ProGrid Xodus      |

### CROSS TRAINERS / AEROBICS

|                    |                        |
|--------------------|------------------------|
| <b>K-Swiss</b>     | Ultrascendor Glaciator |
| <b>New Balance</b> | 780 802 854 1002 1009  |
| <b>Nike</b>        | Air Max 180 Trainer    |

### BASKETBALL

|                    |  |
|--------------------|--|
| <b>Adidas</b>      | Pro Model                                    |
| <b>New Balance</b> | 889 905                                      |
| <b>Nike Air</b>    | Huarache Air Air Force Stat<br>Air Max Elite |

### DRESS SHOES: HEELS, FLATS, CASUAL

Ask your doctor how to select appropriate shoes for your needs. Evaluate shoes carefully before purchasing.

**Aravon Ariat Beautifeel Blend Dansko  
 Finn Comfort Hush Puppies Kumfs  
 Munro Naot Nickels Neil M Paul  
 Thomas Redwing Rieker Rockport  
 Salamander Sanita Selby Sudini Taryn  
 Rose Theresia Think**

### SANDALS

Lab manufactures custom orthotics for **BITE®** sandals. Ask your doctor for details.

Sandal brands that can accept custom orthoses include:

**Ariat Birkenstock Bite Dansko Finn  
 Comfort Moskito Naot Solvee Theresia**

### CLOGS AND SLIPPERS

Nontraditional slippers for support and comfort.

**Crocs Daniel Green Clogs Finn Comfort  
 Orb Geisswan Clogs Heflinger Clogs Naot  
 Iceland or Glacier Stegmann Clogs**

### EXTRA-DEPTH SHOES §

**Aetrex Apex Drew Orthofeet  
 P.W. Minor Soft Spot**

§ **Best shoe types for use with AFOs**  
 \* **Maximum motion control**

Adapted in association with ProLab

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