



DR. SCOTT O'CONNOR

Fellow, American College of Foot & Ankle Surgery
 Diplomate, American Board of Podiatric Surgeons
 Certified in Foot, Reconstructive Rearfoot/Ankle Surgery

Normal – (309) 807-0384

Pontiac – (815) 842-6551

Eureka – (309) 467-2371

<p><u>Soccer/Volleyball</u></p> <p>Moderate Control (flat arches) Nike Irocara Puma King XL</p> <p>Minimal/Cushioned (neutral arches/high arches) Nike Tiempo Puma Olympian Score</p>	<p><u>Aerobic</u></p> <p><u>Preferred:</u> Adidas Microbounce Asics Gel 150 Avia 104 K-Swiss ST349 Underarmour Speed Unified</p> <p>Nike Air Circuit & Edge & Code II New Balance 622 & MX 5520 Adidas Atlas Supreme Underarmour Proto Evade & Speed & Prophet Nike Air Max & Monarch III</p>
<p><u>Tennis Shoes</u></p> <p>Maximum (very flat arches) New Balance 1002 Tennis Court Shoe</p> <p>Moderate (flat arches) K-Swiss Ultra Scendor</p>	<p>Mild (neutral to high arches) New Balance WC654W Prince T-22 Wilson WRS</p>
<p><u>Hiking Shoes – Mild/Cushioning</u></p> <p>Aetrex Z788</p> <p>Aetrex V751</p> <p>Ecco Expedition Sayan Mid Hiking</p>	