



Improper shoe wear can quickly defeat a Postural Restoration Institute (PRI) program. Conversely the correct shoe wear can have dramatic positive effect on a program. Whether the patient needs more control of their heel bone and mid-foot, or sensory guidance for proper gait mechanics, or cushion to sense the foot's impact on their body, the correct shoe can make all the difference.

The inability to “sense” the floor makes it a challenge for a PRI therapist to successfully progress their restoration program. This is often caused by compensation from faulty foot mechanics and improper shoe wear. The ability to “sense” the floor and move with appropriate patterns of muscle activity is enhanced when proper footwear is provided to allow adequate support to obtain a functional position.

2019 LIST OF RECOMMENDED SHOES

RIGID MIDFOOT (HIGH ARCH)	LAXED MIDFOOT (LOW ARCH)	SEMI-RIGID MIDFOOT (AVERAGE ARCH)
Asics Cumulus 20* Brooks Ghost* Brooks Levitate 2* New Balance 880 V9*	Brooks Adrenaline 19* Brooks Transcend 6* Brooks Bedlam Asics Kayano 26* Saucony Omni ISO	Asics GT 2000-7* Brooks Dyad 10 Brooks Ravenna 10 New Balance 840 V4 Saucony Echelon 7
NEURO-SENSORY SHOES (CUSHION)	HEEL STABILITY	LIMITED 1ST RAY MOBILITY
Brooks Adrenaline 19* Brooks Glycerin 16 Brooks Transcend 6	Asics GT 2000-7* Asics Cumulus 20* Brooks Adrenaline	Hoka Arahi Hoka Clifton MTB (on-line)

Top recommendations are marked with *

Neutrality with PRI tests after walking in shoe determines which shoe works for each patient. Cushion and guidance categories work best with PRI orthotics.

1. Your shoes should feel comfortable right away. *If you feel like you have to “break them in,” it's not your shoe.*
2. When walking you should be able to “sense” your heel, arch and big toe.
3. Your P.T. will make sure PRI objective tests are negative with your new footwear.
4. You can use the above criteria when looking for any type of shoe. Casual, walking, basketball, etc.

This shoe list was originally created by Lori Thomsen, MPT, PRC of The Hruska Clinic in Lincoln, NE