



Abnormal movement patterns with faulty neurologic sensory input from the floor can result in the development of neck, trunk, and pelvis instability. If references from the floor are not correctly established during the gait cycle, compensation occurs with poor ability to move our bodies forward and back, side to side and rotate left to right. The Hruska Clinic Integrative Footwear list includes shoes that allow for guidance and new references from the floor thru the heel, arch, and toes during the gait cycle. This new pattern of sensory input and grounding from the floor allows for good postural and upright function to regain control of the body position to move forward with reciprocal and alternating movement in the arms and legs.

Hruska Clinic Integrative Footwear List's Top Shoes 2023

- **Brooks Adrenaline 22:** Great overall shoe for average arch individuals for heel, arch, and big toe sense during the gait cycle. (Average arch category)
- **New Balance 860 V 13:** Great overall shoe for average arch individuals for heel, arch, and big toe sense during the gait cycle with a wider toe box. (Average arch category)
- **Brooks Dyad 11:** Best shoe to assist with floor sense. The liner assists patients to feel the floor under the shoe versus the foot inside of the shoe. (Average heel and arch)

Heel awareness
/

Mid-foot awareness
/

Whole foot awareness
/

Additional Choices (good shoes but not top choices)

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| Semi-Rigid Mid-Foot (average to low arch) Brooks Adrenaline 22 New Balance 860 V13 Saucony Guide 16 | Rigid Mid-Foot (high arch) Brooks Ghost 15 New Balance 880 V13 |
| Limited 1st Ray mobility/Early Heel Rise (Rocker shoe) Hoka Arahi 6 (average mid-foot) Hoka Bondi 7 (rigid mid-foot) Hoka Clifton 8 (average to low arch) Hoka Gabiota 4 (average to low arch) <u>Brooks Glycerin 20 (rigid mid-foot/NO guiderails)</u> <u>Brooks Glycerin GTS 20 (semi-rigid mid-foot/guiderrails)</u> | Laxed Mid-Foot (low arch) Brooks Addiction15 Brooks Addiction Walker Suede Saucony Omni 21 |

Underlined shoes above are all compatible with PRI orthotics.

- Your shoes should feel comfortable right away. If you feel like you have to “break them in,” it’s not your shoe.
- When walking you should be able to “sense” your heel, arch and big toe.
- Your PT should ensure this is YOUR shoe with PRI objective tests being negative in your pelvis, thorax and neck.

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