

# NOVEMBER 2014

\*\*\* Denotes – a Dr. Lustig favorite

## RECOMMENDED RUNNING SHOES

### 1. MAXIMUM ROCK SOLID STABILITY FOR MODERATE TO SEVERE PRONATORS

NEW BALANCE 1540	NEW BALANCE 870 V3 OR 940 V2
BROOKS BEAST 14 – BIG MEN STABILITY ***	NIKE ZOOM STRUCTURE +17
BROOKS ARIEL 14 – BIG WOMEN STABILITY ***	AVIA AVI-LITE GUIDANCE 9 - # 2149
NEW BALANCE 1340V2 – VERY STABIL ***	SAUCONY STABIL - CS3- BIG MEN STABILITY ***
BROOKS ADICITON 11 – VERY STABIL	

### 2. EXCELLENT NEUTRAL STABILITY – MOST ORTHOTIC PATIENTS AND MODERATE to SEVERE PRONATORS

<b>BROOKS ADRENALINE 14 ***</b>	<b>SAUCONY OMNI 13 &amp; GUIDE 7</b>
NEW BALANCE 990V3 & 1260V4	ASICS GT 3000
AVIA AVI-LITE GUIDANCE 6 - # 2132	ADIDAS SUPERNOVA Sequence 6
ADIDAS RESPONSE CONTROL	MIZUNO WAVE RIDER 17
ASICS GEL <b>FOUNDATION 3 &amp; FORTITUDE 3</b>	NIKE AIR ZOOM PRECEPT
ASICS GEL-KAYANO 20 ***	MIZUNO WAVE NIRVANA 9
ADIDAS ADIZERO 6	ASICS GT 2000 2 ***
ADIDAS SUPERNOVA GUIDE 5	BROOKS RAVEENA 5

### 3. HIGH ARCH, NORMAL ARCH & EFFICIENT RUNNERS – ABOUT 20% RUNNERS

ADIDAS ADIDASTAR BOOST	<b>BROOKS GHOST 7</b>
NIKE AIR PEGASUS + 30	NEW BALANCE 1080 V4
ASICS GEL NIMBUS 16	SAUCONY RIDE 7
NEW BALANCE 770V4, & 1012	<b>BROOKS GLYCERIN 12 ***</b>

### 4. Very light weight shoes, Almost barefoot running, for perfect feet, very low heel, less than 10% of the running population

NEW BALANCE MINIMUS 10V3	NIKE LUNARGLIDE +4	ASICS GEL LYTE 33
ADIDAS ADIZERO BOSTON 3	BROOKS PURE GRIT 3	PUMA EVO SPEED
SAUCONY KINVARA 5	NEW BALANCE 890V4	PUMA FASS 900 (RACER)
NIKE FLYKNIT LUNAR +1	SAUCONY VIRRATA	BROOKS PURE FLO 2

### LOW HEELED SPORT SHOES (COURT) RECOMMENDED FOR PRONATORS WEARING SPORT ORTHOTICS

WALKING SHOES – New Balance 928, 847 & 812    TENNIS & COURT – NEW BALANCE 1105, 806 & 996  
BASKETBALL – NEW BALANCE 82, 891, 581

