

**KEVIN A. KIRBY, D.P.M.**

[www.KirbyPodiatry.com](http://www.KirbyPodiatry.com)

[www.facebook.com/kevinakirbydpm](https://www.facebook.com/kevinakirbydpm)

**Sports Medicine, Foot Surgery, Pediatric & Adult Foot Disorders**

**107 Scripps Drive, Suite #200, Sacramento, CA 95825**

**(916) 925-8111**

Below is a list of running shoes that have the best features to control excessive foot pronation. As of 4/1/14 these shoes are available at **Fleet Feet** which is in downtown Sacramento (phone: 442-3338) at 2311 J Street (between 23rd and 24th Streets). When you accumulate \$150.00 in purchases from area **Fleet Feet** stores, they will give you a \$15.00 in-store credit on purchases for three months.

Foot orthotics work best at controlling excessive foot pronation when they are worn in a stable shoe with good pronation control features. All of these shoes are also great *walking shoes* for people with excessive foot pronation.

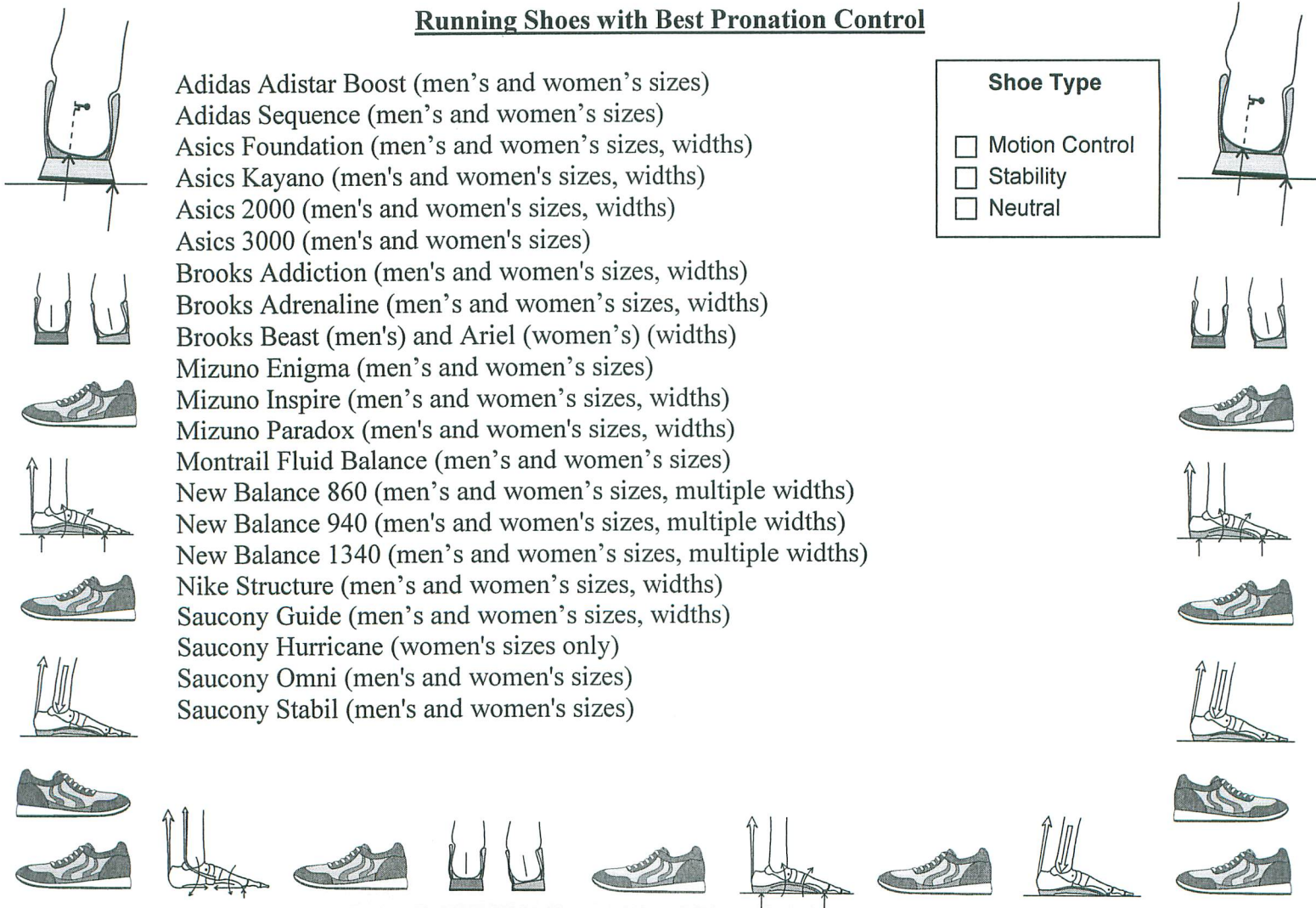
If none of these shoes fit your foot comfortably then the excellent salespeople at **Fleet Feet** can show you alternative anti-pronation shoes. Please bring your orthotics with you when you try on shoes to ensure accurate shoe and orthotic fit and comfort.

### Running Shoes with Best Pronation Control

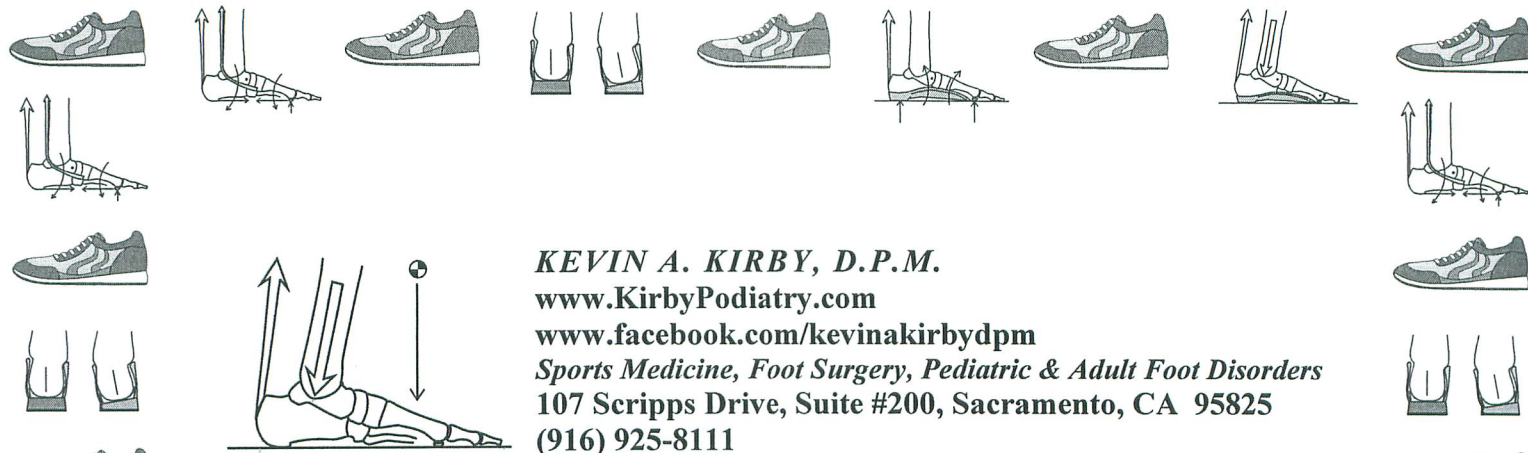
Adidas Adistar Boost (men's and women's sizes)  
 Adidas Sequence (men's and women's sizes)  
 Asics Foundation (men's and women's sizes, widths)  
 Asics Kayano (men's and women's sizes, widths)  
 Asics 2000 (men's and women's sizes, widths)  
 Asics 3000 (men's and women's sizes)  
 Brooks Addiction (men's and women's sizes, widths)  
 Brooks Adrenaline (men's and women's sizes, widths)  
 Brooks Beast (men's) and Ariel (women's) (widths)  
 Mizuno Enigma (men's and women's sizes)  
 Mizuno Inspire (men's and women's sizes, widths)  
 Mizuno Paradox (men's and women's sizes, widths)  
 Montrail Fluid Balance (men's and women's sizes)  
 New Balance 860 (men's and women's sizes, multiple widths)  
 New Balance 940 (men's and women's sizes, multiple widths)  
 New Balance 1340 (men's and women's sizes, multiple widths)  
 Nike Structure (men's and women's sizes, widths)  
 Saucony Guide (men's and women's sizes, widths)  
 Saucony Hurricane (women's sizes only)  
 Saucony Omni (men's and women's sizes)  
 Saucony Stabil (men's and women's sizes)

#### Shoe Type

- ☐ Motion Control
- ☐ Stability
- ☐ Neutral







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Below is a list of walking shoes that have the best features to control excessive foot pronation. As of 4/1/14 these shoes are available at **Fleet Feet** which is in downtown Sacramento (phone: 442-3338) at 2311 J Street (between 23rd and 24th Streets). When you accumulate \$150.00 in purchases from area **Fleet Feet** stores, they will give you a \$15.00 in-store credit on purchases for three months.

Foot orthotics work best at controlling excessive foot pronation when they are worn in a stable shoe with good pronation-control features. Bring your orthotics with you and make sure that the orthosis fits properly inside the shoe when you try on shoes. It is also important to walk in the shoe for at least a few minutes before you purchase the shoe to ensure proper fit and comfort.

Running shoes also make excellent walking shoes. The main difference between walking shoes and running shoes is that the uppers of walking shoes generally have few colors than the uppers of running shoes. In addition, walking shoes tend to have all leather uppers whereas running shoe uppers are often made with nylon mesh and leather. Therefore, if color of the shoe is not an important consideration for you, and a shoe with an all-leather upper is not needed, then you should also try on running shoes to see which shoe feels best on your feet with the orthotics inside. Recommended running shoes are on the reverse side of this page.

If none of these shoes fit your foot comfortably then the excellent salespeople at **Fleet Feet** can show you alternative anti-pronation shoes.

### **Walking Shoes with Best Pronation Control**

Brooks Addiction Walker (men's and women's, widths, white, black, & brown, Velcro)

New Balance 840 (men's and women's, widths, white)

New Balance 928 (men's and women's sizes, widths, white & black)

New Balance 1012 (men's and women's, white/grey)

