

Shoe Recommendations

Alamitos - Seal Beach Podiatry Group

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Running Shoes

| Cushion/Neutral Shoes <i>For higher arched feet</i> | Stability Shoes <i>For mild to moderate pronators</i> |
|--|---|
| <p>Brooks:</p> <p><input type="checkbox"/> Ghost <input type="checkbox"/> Glycerin <input type="checkbox"/> Defyance <input type="checkbox"/> Dyad <input type="checkbox"/> Launch</p> <p>New Balance:</p> <p><input type="checkbox"/> Fresh Foam Zante <input type="checkbox"/> Fresh Foam 1080 <input type="checkbox"/> Fresh Foam Boracay <input type="checkbox"/> 880 <input type="checkbox"/> 910</p> <p>Asics:</p> <p><input type="checkbox"/> GEL-Nimbus <input type="checkbox"/> GEL-Cumulus <input type="checkbox"/> 33-M <input type="checkbox"/> DynaFlyte</p> <p>Hoka:</p> <p><input type="checkbox"/> Clifton <input type="checkbox"/> Bondi <input type="checkbox"/> Stinson <input type="checkbox"/> Arahi</p> | <p>Brooks:</p> <p><input type="checkbox"/> Adrenaline <input type="checkbox"/> Ravenna <input type="checkbox"/> Transcend</p> <p>New Balance:</p> <p><input type="checkbox"/> 1340 <input type="checkbox"/> 860 <input type="checkbox"/> 870 <input type="checkbox"/> 768 <input type="checkbox"/> 990</p> <p>Asics:</p> <p><input type="checkbox"/> GEL-Kayano <input type="checkbox"/> GEL-1160 <input type="checkbox"/> GT Series</p> <p>Saucony:</p> <p><input type="checkbox"/> ProGrid Guide <input type="checkbox"/> Mirage <input type="checkbox"/> ProGrid Hurricane</p> |
| Motion Control Shoes: <i>For moderate to severe pronators</i> | Maximum Anti-Pronation Control |
| <p>Moderate Anti-Pronation Control</p> <p>Brooks: New Balance:</p> <p><input type="checkbox"/> Addiction <input type="checkbox"/> 1012 <input type="checkbox"/> <input type="checkbox"/> 587</p> <p>Asics: Saucony:</p> <p><input type="checkbox"/> Forte <input type="checkbox"/> ProGrid Omni <input type="checkbox"/> GEL-Foundation</p> | <p>Brooks: New Balance:</p> <p><input type="checkbox"/> Beast <input type="checkbox"/> 1011 <input type="checkbox"/> 1123 <input type="checkbox"/> Ariel <input type="checkbox"/> 1260 <input type="checkbox"/> 1540</p> <p>Asics: Saucony:</p> <p><input type="checkbox"/> GEL-Fortitude <input type="checkbox"/> Stabil CS3</p> |

Extra Depth Shoes

| Men's & Women's Extra Depth Shoes |
|---|
| <p><input type="checkbox"/> Acor <input type="checkbox"/> Aetrex <input type="checkbox"/> Apex <input type="checkbox"/> Dr. Comfort <input type="checkbox"/> Drew <input type="checkbox"/> Orthofoot <input type="checkbox"/> PW Minor <input type="checkbox"/> Sequoia</p> |

Dress Shoes

| Men's Dress Shoes | Women's Dress Shoes |
|---|---|
| <p><input type="checkbox"/> Aetrex <input type="checkbox"/> Mephisto <input type="checkbox"/> Allen Edmonds <input type="checkbox"/> Naot <input type="checkbox"/> Cole Haan <input type="checkbox"/> Rockport <input type="checkbox"/> Dunham <input type="checkbox"/> Samuel Hubbard <input type="checkbox"/> Ecco <input type="checkbox"/> Timberland</p> | <p><input type="checkbox"/> Aravon (New Balance) <input type="checkbox"/> Munro <input type="checkbox"/> Clarks <input type="checkbox"/> Naot <input type="checkbox"/> Cobb Hill (Rockport) <input type="checkbox"/> Naturalizer <input type="checkbox"/> Dansko <input type="checkbox"/> Sanita <input type="checkbox"/> Ecco <input type="checkbox"/> Vionic</p> |

Sandals

| Mens's & Women's Sandals |
|---|
| <p><input type="checkbox"/> Aetrex <input type="checkbox"/> Ecco <input type="checkbox"/> Finn Comfort <input type="checkbox"/> Keen <input type="checkbox"/> Naot <input type="checkbox"/> Olu'Kai <input type="checkbox"/> Oofos <input type="checkbox"/> Sole <input type="checkbox"/> Vionic</p> |

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