



Step By Step Family Foot Care

DIVISION OF NEW JERSEY PODIATRIC PHYSICIANS & SURGEONS GROUP, LLC

Recommended Shoe List

Neutral

Brooks Ghost 17
Mizuno Wave Rider 29
Hoka Clifton 10
On Cloudsurfer Next
New Balance 880v15
Saucony Ride 19

Cushioned

Hoka Bondi 9
Brooks Glycerin 22*
Brooks Ghost Max 3*
Brooks Glycerin Max*
New Balance 1080v15
Asics Gel-Nimbus 28
Saucony Triumph 24*
Nike Vomero 18/Plus
On Cloudmonster 2
Mizuno Wave Sky 9

Hiking/Trail Shoes

Saucony Peregrine
Brooks Cascadia
Brooks Ghost Trail
Hoka Speedgoat

Kids Running Shoes

New Balance 880, 1080, Propel
Nike Pegasus
Asics GT-1000, Cumulus, Novablast

Stability

New Balance 860v14
Brooks Adrenaline GTS 25
Brooks Glycerin GTS 22
Brooks Beast GTS*
Hoka Arahi 8
Asics Gel-Kayano 32*
Asics GT-2000 v14
Saucony Guide 18
On Cloudrunner 2
Mizuno Wave Inspire 22
Nike Structure 26

Recovery Sandals and Slides

OOFOS
Hoka Recovery

Our Top Supportive Running Trainers

Brooks Glycerin*
Brooks Adrenaline
Brooks Ghost
Nike Vomero
Hoka Clifton
Asics Novablast*
Asics Gel-Kayano*
New Balance 1080
Mizuno Wave Rider
Saucony Ride

* ORTHOTIC FRIENDLY