

# North Shore Foot & Ankle

Glenview-Grayslake

## 2019 Running Shoe List

### **Plantar Fasciitis (Heel Pain) Flat Feet (Low Arches)**

Asics DS Trainer 22  
Asics Gel Kayano 25  
Asics GT 2000 7  
Brooks Adrenaline GTS 18  
Brooks Beast 18  
Hoka One One Bondi 6  
Hoka One One Gaviota  
Mizuno Wave Inspire 14  
New Balance 1080v9  
New Balance 1540v2  
New Balance 990v4  
Nike Air Zoom Structure 20  
Nike Lunar Glide 9  
Saucony Kinvara 10  
Saucony Triumph ISO 4

### **Neuroma Metatarsal Pain**

Altra Lone Peak 4.0  
Altra Torin 3.5  
Asics Gel Cumulus 20  
Brooks Ghost 11  
Brooks Glycerin 16  
Hoka One One Bondi 6  
Hoka One One Clifton 5  
Mizuno Wave Rider 21  
New Balance 1540v2  
New Balance 840v4  
New Balance 990v4  
New Balance 1080v9  
Saucony Hurricane ISO 4

### **Big Toe Joint Pain**

Altra Torin 3.5  
Altra Instinct 4.5  
Altra Paradigm 4.0  
Hoka One One Clifton 5  
Hoka One One Bondi 6

### **High Arches**

Adidas Supernova  
Altra Torin 3.5  
Asics Gel Cumulus 20  
Asics Gel Kinsei 6  
Asics Gel Venture 6  
Brooks Glycerin 16  
Brooks Ghost 11  
Brooks Pure Cadence 7  
New Balance 890v6  
Nike Air Pegasus 35  
Saucony Guide ISO 2  
Saucony Ride ISO

### **Ankle Stability/Ankle Arthritis**

Adidas Energy Cloud  
Asics Gel Venture 6  
Asics GT 3000 5  
Brooks Beast 18  
Mizuno Wave Inspire 14  
Saucony Cohesion 11