



Improper shoe wear can quickly defeat a Postural Restoration Institute (PRI) program. Conversely the correct shoe wear can have dramatic positive effect on a program. Whether the patient needs more control of their heel bone and mid-foot, or sensory guidance for proper gait mechanics, or cushion to sense the foot's impact on their body, the correct shoe can make all the difference.

The inability to “sense” the floor makes it a challenge for a PRI therapist to successfully progress their restoration program. This is often caused by compensation from faulty foot mechanics and improper shoe wear. The ability to “sense” the floor and move with appropriate patterns of muscle activity is enhanced when proper footwear is provided to allow adequate support to obtain a functional position.

### LIST OF CURRENTLY RECOMMENDED SHOES

CUSHION	GUIDANCE	CONTROL
<b>New Balance 1080 V7</b> <b>Brooks Transcend 4</b> <b>Brooks Glycerin 14</b> <b>(great with orthotics)</b> Brooks Ravenna 8 New Balance 880 V6	<b>New Balance 1080 V7</b> <b>Brooks Transcend 4</b> Asics 2000-5 Asics Kayano 23 Brooks Dyad 9 New Balance 860 V7	<b>Asics Foundation 12</b> Brooks Addiction 12 Saucony Echelon 5

Our top recommendations are in bold.  
 Neutrality with PRI tests after walking in shoe determines which shoe works for each patient.  
 Cushion and guidance categories work best with PRI orthotics.

*This shoe list was originally created by Lori Thomsen, MPT, PRC of The Hruska Clinic in Lincoln, NE*