



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.

2020 LIST OF RECOMMENDED SHOES

RIGID MIDFOOT (HIGH ARCH)	SEMI-RIGID MIDFOOT (AVERAGE ARCH)
Asics Cumulus 21* Brooks Ghost 12 Brooks Levitate 3 New Balance 880 V10*	Asics Nimbus 22* Brooks Dyad 10 Brooks Ravenna 10* New Balance 840 V4 Saucony Echelon 7
LIMITED 1ST RAY MOBILITY	LAXED MIDFOOT (LOW ARCH)
Hoka Arahi 2 Hoka Clifton 6* New Balance 1080 V10	Asics Kayano 26* Brooks Adrenaline 20* Brooks Transcend 6 Saucony Omni ISO

Top recommendations are marked with an * - recommended with PRI Orthotics 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.

- Your shoes should feel comfortable right away.
If you feel like you have to “break them in,” it’s not your shoe.
- When walking you should be able to “sense” your heel, arch and big toe.
- Your P.T. will make sure PRI objective tests are negative with your new footwear.
- You can use the above criteria when looking for any type of shoe. Casual, walking, basketball, etc.

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