

# Dr. Cheney's Healthy Steps

## Shoe Chart Recommendations

Vendor	Neutral	Stability	Motion Control	Light Weight	Walking	Trail Runner
<b>Adidas</b>	Solution	SuperNova				
	SuperNova Glide	Sequence				
<b>Asics</b>	Nimbus*	Kayano*	Forte			Gel-Scout(Neutral)
	Cumulus*	GT 2000				
	Oracle					
<b>Brooks</b>	Glycerin	Adrenaline	Ariel	Pur Flow	Adiction	Adrenaline
	Dyad		Beast	(Neutral)	Walker	ASR(Stability)
	Ghost		Addiction			Cascadia(Neutral)
<b>Mizuno</b>	Rider	Inspire		Elixir(Stability)		
<b>New Balance</b>	880	860	940			
	840					
<b>Nike</b>	Pegasus*	Structure				
	Vomero					
<b>Saucony</b>	Ride	Guide		Kinvana(Neutral)		Peregrine(Neutral)
				Mirage(Stability)		

(\*) Available in Widths

**Neutral:** for an underpronater/ no medical posting.

**Stability:** for mild to moderate pronation/ medical posting using different midsole densities or an external thermal plastic support.

**Motion Control:** for moderate to severe overpronation/ firmer medical posting, thermal plastic support, straight last, wider base support.

**Light Weight:** considered a second shoe/also used for race walking.