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QUAD A

Features:

- Neutral Cushion Shoe
- Lateral Heel Stabilizer
- Consider stability models for heavier individuals

Shoe Recommendations:

- *Asics Gel-Pursue, Gel-Nimbus 16
- *Brooks Ghost, Glycerin
- *New Balance 1080, 840, 880, 847, 990, 928
- *Saucony ProGrid Ride

QUAD B

- Stability
- Straight last

Shoe Recommendations:

- *Asics Gel-DS Trainer (narrow), Kayano 20
- *Brooks Adreneline GTS or Connect (narrow)
- *New Balance 1260, 940
- *Saucony ProGrid Ride

QUAD C

- Neutral cushion shoe
- Consider stability models for heavier individuals

Shoe Recommendations:

- *Asics GT 2000 2.0, Gel Nimbus 16, Kayano 20
- *Brooks Defyance, Ghost, Addiction Walkers
- *New Balance 1080, 990, 1865, 847, 880, 1210(offroad), 928 (walking)
- *Saucony ProGrid Echeclon or Ride
- *Keen Koven or Merrell Moab (hiker)

QUAD D

- Stability Shoe
- Straight Last

Shoe Recommendations:

- *Brooks Dyad (wider), Addiction Walkers,
- *Asics Gel Kayano 20, Fortitude (more cushion)
- *Saucony ProGrid Omni
- *New Balance 1260, 990, 860, 928, 1340, 1540
- *Keen Koven or Merrell Moab (hiker)

QUAD E

Features:

- Stability Shoe
- Straight Last

Shoe Recommendations:

- *Asics GT 2000 2.0, Gel Nimbus 16, Kayano 20
- *Brooks Adreneline GTS Defyance or Ravenna
- *New Balance 1260, 1865, 840, 847, 860, 928, 990
- *Saucony ProGrid Echeclon or Ride
- *Keen Koven or Merrell Moab (hiker)

QUAD F

- Motion Control Shoe
- Posted Heel
- Straight Last

Shoe Recommendations:

- *Asics GT 3000, Gel-Fortitude or Gel-Foundation
- *Brooks Beast for Men, Ariel for Women, Addiction, Dyad
- *New Balance 1540, 1340, 1260, 940, 990, 860, 928
- *Saucony ProGrid Stabil

PLEASE NOTE: Not everyone understands the medical interpretation of “motion control/stability/neutral cushion” shoes. When you encounter this while shopping, it is best to lean more towards the model numbers given. However, model number change frequently. The most important piece of information to have is that the shoe should not bend at the arch but should bend at the toe-box when trying the bending test. If the shoe bends at the arch, look for another one.