

STAY GROUNDED. WEAR GOOD SHOES.

What good would custom MojoFeet Orthotics be without good shoes to put them in? There are many great online shoe stores that you can search for shoes with 'removable inserts' or shoes that are orthotic friendly. Just a few to try are www.onlineshoes.com, www.zappos.com, and www.planetshoes.com. We have compiled a list of great shoe manufacturers that also make sandals, dress shoes and open back shoes with removable inserts. You just need to know where to look for good shoes, we hope this helps.

Acorn	Columbia	Hushpuppies	Naot	Romika	Spira
Aetrex	Dansko	GoLite	Naturalizer	Romus	Stonefly
Alegria	Drew	Jambu	Oh!	Salomon	Terrasoles
Aravon	Dunham	J-41	Patagonia	Sanita	Think
Arcopedico	Ecco	Keen	PG Lite	Sergio	Tsubo
Ariat	Earth Origins	Klogs	Privo	Tomani	Wolky
ASGI	Finn Comfort	Kumfs	Propet	Tsubo	Ziera
Birkenstock	Fly Flot	Mephisto	PW Minor	Softwalk	Zumfoot
Clarks	Groundhog	Merrell	Rockport	Softwave	
Cobb Hill	Helle Comfort	Munro	Rogue	Spring Step	

MojoFeet recommendations for **RUNNING/WALKING SHOES** is to find a shoe with not 'too much control' and not 'too little control'. Running shoes used to be categorized as "cushioned/neutral, stability and motion control" but we are seeing less and less of these types of categories and more talk around the 'stability' the shoe provides. The rule of thumb when putting your orthotics into running shoes is to go for the 'middle of the road control' in a shoe, pick a shoe 'that's just right'. You may find shoes that are not on this list in your shopping adventures, make sure you put your orthotic into the shoe and walk around. Talk with the staff at a local professional running/shoe store to make sure you have a shoe that has a moderate amount of stability to it.

ADIDAS

Control/Stability Category:

Supernova Sequence 4,
Supernova Sequence 5,
Adistar Salvation 3

ASICS

Structured Cushioning

Category: Gel-Kayano 18/19,
GT-2170, GT-2170 Trail, GT-2000,
GT-2000 Trail, Gel-3030, GT-1170,
GT-1000, Gel-Phoenix 4, Gel-Rebel,
Gel-Neo 33, Gel-Kahana 6 (Trail)

BROOKS

Guidance Category:

Ravenna 3, PureFlow,
PureCadence, Racer ST 5

Support Category:

Adrenaline GTS 12/13,
Trance 11, PureCadence

MIZUNO

Support Category:

Wave Nirvana 8, Elixir 7, Inspire 9,
Nexus 6, Musha 4,
Wave Cabrakan 3 (Trail), Ascend 7 (Trail)

NEW BALANCE

Stability Category: 770 v2, 770 v3,
860v2, 870 v2, 940, 990 v3, 993,
1110 (Trail), 1140, 1190, 1260v2

NIKE

Stability Category:

LunarGlide+ 4 Shield, LunarEclipse+ 2,
Zoom Structure+ 16 Shield,
LunarFly+ Trail 3

SAUCONY

Guidance Category: Guide 6,

Cortana 2, Hurracaine 14, Mirage 2

Stability Category: Guide 6,
Hurracaine 14, Omni 11, Stabil CS 2

CHILDRENS SHOES

Ecco
Hushpuppies
Janie and Jack
Keen
Merrell
Naturino (1+ yrs)
New Balance
Pediped (1+ years)
Pedoodles (1+ yrs)
Robeez (1+ yrs)
Saucony
Stride Rite (1+ yrs)
Teva