



THE TECHNICAL RUNNING SHOE GUIDE

Dennis Rehbock

(A clinical guide)

BIOMECHANICAL GUIDE

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Including Minimalistic running shoes, Natural running shoes, Minimalistic Running Shoe Scale, Football / Soccer, Rugby, Court sports shoes, Hockey, Netball, Cycling, and socks. Some Safety boots are included. Only shoe models that are available in South Africa are included.



As the prescription of the correct sport shoe for a patient is a complex task based on numerous factors, this publication is meant as a clinical guide only.

The categorization of the sport shoe models in this publication is the opinion of the author based on his professional experience, using available information sourced from the individual sporting companies and information published in sporting magazines and the internet.

This is not a review of the running shoe models.

It is beyond the ambit of this publication to list the individual attributes of each shoe model. For more information on each model consult the individual company.

Where possible Heel Drop values and Midsole Sack values are indicated.

The information contained in this guide is current at the time of publication, and every attempt has been to ensure accuracy.

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STRONG ANTIPRONATION / MOTION CONTROL RUNNING SHOES

Updated: 08/99 (81), 4/2018, 12/2019, 2/2020




ADIDAS 	Solar Glide ST RF27–FF17–HD10mm Ultra Boost ST (to mild) Inc boost pellets on medial RF–FF–HD8mm Solar Boost ST RF32–FF22–HD10mm
ASICS 	GT4000 RF22–FF12–HD10mm (21-11-10mm)
BROOKS 	
MIZUNO 	
NEW BALANCE 	860 V10 M D,2E,4E W B/D RF24 –FF12-HD10mm Rubix M 2E W D RF26–FF18–HD8mm
NIKE 	Air Zoom Structure 22 RF22–FF12–HD10mm
SAUCONY 	
PUMA 	
361° 	
REEBOK 	
UNDER ARMOUR 	
PEARL IZUMI 	
NEWTON 	

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MILD ANTIPRONATION / STABILITY RUNNING SHOES

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ADIDAS 	Ultra Boost ST (to strong) RF–FF–HD8mm
ASICS 	Gel Kayano 26 RF22–FF12–HD10mm (24-11-13mm) GT2000 8 D/2E RF22–FF12–HD10mm (21-11-10mm) GT1000 9 D RF21–FF13–HD8mm (20-12-8mm)
BROOKS 	*Adrenaline GTS 19 RF24-FF12-HD12mm Cushion me Guide rails Loft DNA **Ravenna 10 (guidance section – bet N and MAP) RF22-FF12-HD10mm Energize me - BIOMOGO DNA M/S
MIZUNO 	Wave Inspire 12 RF –FF -HD12mm Wave Elixir 7
NEW BALANCE 	1260 V7 M 2E, W D RF20 –FF12-HD8mm Vongo V4 RF-FF-HD8mm
NIKE 	
PUMA 	Speed 1000 S Ignite RF-FF-HD12mm Ignite foam Faas 600 S v2 RF18-FF10-HD8mm
SAUCONY 	Guide 13 RF34.5-FF26.5-HD8mm PWRRUN midsole
ALTRA 	Provision 2.5 RF25–FF25-HD0mm 58 Asher C m/s density Impulse RF23–FF23-HD0mm 55 Asher C m/s density
HOKA 	Arahi 4 M&W RF29-FF24-HD5mm W-RF27-FF22-HD5mm
361° 	361° - Strata 3 RF21–FF13-HD8mm 361° - Sensation 3 RF21–FF12-HD9mm
REEBOK 	
UNDER ARMOUR 	Hovr Guardian RF26.5–FF18.5-HD8mm
SHECHERS 	GoRun Forza 4 Ultra RF–FF–HD6mm

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NEUTRAL RUNNING SHOES






Updated: 8/99 (94), 12/2019, 2/2020

<p>ADIDAS </p>	<p>Ultra Boost 20 RF29–FF19HD10mm More Boost - Ultra responsive TFP tailor fiber placement in upper Solar Boost RF32–FF22–HD10mm – firmer smoother ride Solar Glide RF32–FF22–HD10mm Solar Drive RF30 – FF20 – HD10mm Boost OG RF30–FF22–HD10mm (lifestyle) Pulse Boost HD (versatile) – wider - HD8mm SenseBoost GO – wider - RF18–FF10–HD8mm Sensebounce + – wider - RF18 FF10–HD8mm</p>
<p>ASICS </p>	<p>MetaRide RF30–FF30–HD0mm ENERGY SAVING GlideRide RF31-FF26–HD5mm (30-25-5mm) ENERGY SAVING Evoride RF22-FF17–HD5mm (21-16-5mm) ENERGY SAVING Gel Nimbus 22 M D/2E W B/D Flytefoam RF25-FF15–HD10mm (27-14-13mm) M 310g W 255g Gel Nimbus 22 LITE M D/2E W B/D Flytefoam RF25-FF15–HD10mm (27-14-13mm) M 270g W 220g MAXIMUM COMFORT Gel Cumulus 21 Up to a 12 USA fit in ladies RF23–FF13–HD10mm (22-12-10mm) Gel Pulse 11 RF21–FF13–HD8mm (20-12-8mm)</p>
<p>BROOKS </p>	<p>Glycerin 17 RF24–FF14-HD10mm Cushion me – super DNA Ghost 12 M+W RF24-FF12-HD12mm Cushion me Levitate RF-FF-HD8mm DNA APM Launch 6 RF-FF-HD10mm Energize me Revel 3</p>
<p>MIZUNO </p>	<p>Wave Enigma 6 RF25–FF13-HD12mm Wave Rider 20 RF –FF -HD14mm Wave Ovation 2 Wave Precision 13 Wave Sayonara 4 RF –FF -HD10mm</p>

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NEUTRAL RUNNING SHOES

<p>NEW BALANCE</p> 	<p>Fresh Foam More RF30-FF26-HD4mm Fresh Foam Zante Pursuit RF18-FF12-HD6mm Fresh foam 1080 V9 M D/2E, W B/D RF24-FF16-HD8mm 880 V9 M D,2E,4E, W B,D RF22-FF12-HD10mm 890 V7 RF20-FF14-HD6mm Fuelcell Rebel RF22-FF16-HD6mm Fuelcell Propel RF22-FF16-HD6mm Beacon V2 RF26-FF20-HD6mm</p>
<p>NIKE</p> 	<p>Air Zoom Pegasus 36 RF22-FF12-HD10mm Air Zoom Pegasus 36 Flyease RF22-FF12-HD10mm Air Pegasus Turbo 2 RF24-FF16-HD8mm Air Zoom Vomero 14 RF24-FF14-HD10mm React Infinity Run RF30.5-FF21.5-HD9mm React foam React Infinity Run Flyknit RF30.5-FF21.5-HD9mm React foam Miler react Downshifter Air Zoom WinFlo 6 RF25-FF14.5-HD10.5mm Quest 2 RF22-FF12-HD10mm</p>
<p>SAUCONY</p> 	<p>Triumph 17 RF33.5-FF25.5-HD8mm PWRRUN + midsole Ride ISO 2 RF32.5-FF24.5-HD8mm PWRRUN midsole Kinvara 11 RF28.5-FF24.5-HD4mm PWRRUN midsole</p>
<p>PUMA</p> 	<p>Speed 600 2 FUSEFIT RF24-FF16-8mm Mix of IGNITE and EVA PROFOAM & PROPLATE in O/S Speed Orbiter RF25-FF13-12mm Hybrid foam – Ignite & Nrgy. Proplate in O/S Speed Sutamina 2 RF-FF-12mm ONLY PROFOAM Hybrid Astro RF-FF-12mm</p>
<p>ALTRA</p> 	<p>The One V3 RF23-FF23-HD0mm 48 Asher C m/s density Lt cushioning / racer / trainer Torin 2.0 RF26-FF26-HD0mm 58 Asher C m/s density Good cushioning Paradigm 1.5 RF34-FF34-HD0mm 58 Asher C m/s density Also Maximalist Instinct 3,5 (m) RF24-FF24-HD0mm Mod cushioning MENS VERS Intuition 3.5 (l) RF24-FF24-HD0mm Mod cushioning LADIES VERS</p>

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<p>HOKA </p>	<p>Clifton 6 M&W – max cushioning RF29–FF24-HD5mm W-RF27–FF22-HD5mm Bondi 6 M&W RF33–FF29-HD4mm W-RF31–FF27-HD4mm Rincon M&W RF29–FF24-HD5mm W-RF26–FF21-HD5m Carbon X RF32–FF27-HD5mm W-RF30-FF25-HD5mm – Carbon</p>
<p>361° </p>	<p>361° - Spire 3 RF21–FF12-HD9mm 361° - Meraki RF21–FF12-HD9mm</p>
<p>UNDER ARMOUR </p>	<p>Hovr Infinite RF29–FF21-HD8mm Hovr Sonic 2 RF24–FF16 -HD8mm Hovr Phantom SE RF24–FF16-HD8mm</p>
<p>SALOMON </p>	<p>SonicPro (road shoe) RF24–FF16-HD8mm</p>
<p>REEBOK </p>	<p>FloaTRIDE Run RF26mm-FF18mm-HD8mm FloaTRIDE 6000 RS RF26mm-FF18mm-HD8mm til June Harmony Road 3 RF-FF-HD10mm - ONE SERIES Forever FloaTRIDE Energy RF-FF-HD10mm 250g Flexagon RF-FF-HD10mm Fusion flexweave cage RF-FF-HD9mm Uncaged 7mm Fast flexweave – high intensity training shoe – running</p>
<p>K-SWISS </p>	
<p>SKETCHERS </p>	<p>GoRun Forza 4Ultra RF–FF–HD6mm GoRun 7 Hyper RF–FF–HD4mm GoRun 7+ Hyper RF–FF–HD4mm GoRun Maxroad 4 Hyper RF–FF–HD6mm – max cushion GoRun Maxroad Hyper Bright RF–FF–HD6mm – max cushion GoRun Ride 8 Hyper RF–FF–HD6mm GoRun Ride 7 Ultra RF–FF–HD6mm GoRun Pure Ultra RF–FF–HD6mm GoRun Horison Ultra RF–FF–HD4mm GoRun 6 RF–FF–HD4mm</p>
<p>MR PRICE </p>	<p>MXD Gravity AND Maxed Elite Train</p>

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 ON	<p>On Cloudstratus RF–FF-HD8mm</p> <p>ON Cloud RF–FF-HD6mm – lifestyle</p> <p>ON Cloud Waterproof RF–FF-HD6mm – lifestyle</p> <p>ON Cloudace RF–FF-HD6mm – high mileage</p> <p>ON Cloudflow RF–FF-HD6mm - Racer / trainer</p> <p>ON Cloudflyer RF–FF-HD7mm - Trainer</p> <p>On Cloud X RF–FF-HD6mm - Running remixed – Multi</p> <p>ON Cloudsurfer RF–FF-HD6mm – Trainer</p> <p>ON Cloudswift RF–FF-HD7mm – Trainer</p> <p>ON Cloud Terry RF–FF-HD6mm</p>
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SOFT RUNNING SHOES SOFT RUNNING SHOES

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Some NEW soft midsole running shoes are appearing in the market. Please see the neutral section. See Boost, Fresh Foam, Ignite, FlyteFoam.

ADIDAS 	See Neutral Running Shoes – Boost & Ultraboost & Solarboost
ASICS 	See Neutral Running Shoes - FlytFoam
BROOKS 	See Neutral Running Shoes – Super DNA. Biomogo DNA, DNA Amp
MIZUNO 	See Neutral Running Shoes
NEW BALANCE 	See Neutral Running Shoes – Fresh Foam, Fuel Cell, Revlite
NIKE 	See Neutral Running Shoes
PUMA 	See Neutral Running Shoes - Ignite
SAUCONY 	See Neutral Running Shoes
REEBOK 	See Neutral Running Shoes – Float Foam
UNDER ARMOUR 	
PEARL IZUMI	
NEWTON 	See Neutral Running Shoes
K-SWISS 	See Neutral Running Shoes