

Shoe Recommendations

Not all shoes are created equal. Our podiatrists frequently recommend patients look for shoe styles that are designed to offer control, stability, and support. Dr. Shanahan and Dr. Petronella will educate you on the brand or shoe style they feel will best support the needs of your feet. Listed below are some favorites:

Stability



New Balance MX857v2+
*CROSS TRAINER



New Balance 860v14
*RUNNING SHOE



New Balance 928v3
*WALKING SHOE



New Balance 990vb
*RUNNING SHOE



New Balance 1540v4
*RUNNING SHOE



Brooks Beast/Ariel 24
*RUNNING SHOE



Saucony Tempus
*RUNNING SHOE

Neutral

*Offers less Stability, and Control



Asics Nimbus 25/27



Brooks Ghost 17
*AVAILABLE JULY 2025



New Balance 1080v13

Cushion



Brooks Glycerin 21/22

* ONLY RECOMMENDED FOR SPECIFIC FOOT TYPES

Pickle Ball



New Balance 996 v5

Hiking



Merrel Moabv3

*Check brand style/color/availability online and locally. Trail and waterproof options are available for some recommended brands.