

Running, Training, Walking

2026

Brand	Shoe Name	Notes
Adidas	Men's Amplimove Trainer	
Allbirds	Wool Dasher Mizzles	
Brooks	Glycerin 22	
New Balance	608v5/MX608v5	Best shoe on list
New Balance	Fresh Foam X 880v15	
Vivobarefoot	Primus Lite III	Leave insert <u>IN</u> Weight limit 190lbs

DO NOT LIFT WEIGHTS IN RUNNING SHOES.

Casual/Style/Dress

Brand	Shoe Name	Notes
Allbirds	Men's Tree Dasher Relay	
Amberjack	The Original	
Amberjack	Chelsea	
Birkenstock	Milano	
Clarks	Bushacre 3 Chukka Boot	
Lems	Drifter	
Vans	Old Skool Shoe	Also best for lifting

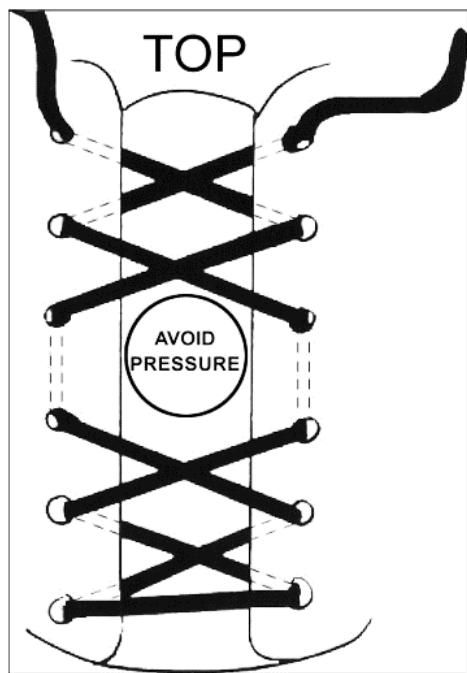
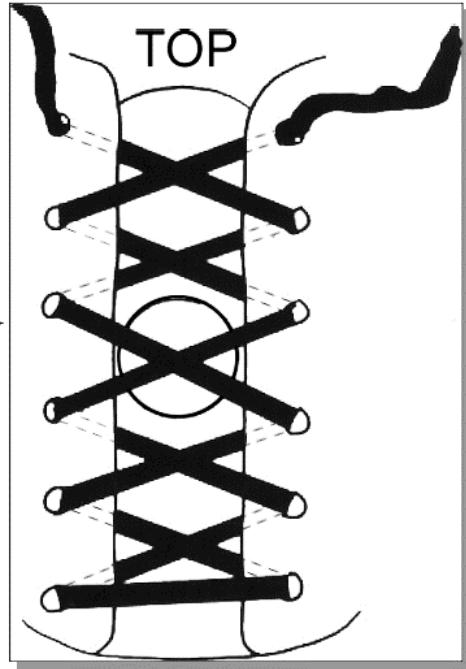
Work, Sport, Outdoor

Brand	Shoe Name	Notes
Adidas	Terrex Unity Leather Mid Rain.RDY Hiking Shoes	Hiking
Brooks	Ghost Trail	
Brunt	The Marin Unlined 6 inch	Comp Toe, Cemented heel wedge
Diadora	Brasil Icon LT T	Soccer
Merrell	Men's Rogue Hiker Mid G	
New Balance	Fresh Foam BB v3	Basketball
Under Armour	UA Blur Pro>Select	Football

NOTICE: The women's list is not the same. If you see a shoe on here, it does not mean its female version is an okay shoe for your wife, mom, girlfriend, etc.

SEE LACING PICTURE BELOW

This pattern of lacing is for maximum support of the foot while elevating the laces to give relief of pressure on the dorsum of the arch at the O Navicular bone.



This pattern of lacing provides maximum relief of pressure for the high arch contour. Note that to maximize the area of relief and maintain support, the lacing adjacent to the skip-lacing uses the lace hole flaps to elevate the laces, reducing their pressure at their last point of contact.

