

QUAD A

Features:

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

Shoe Recommendations:

- Asics Gel-Pursue, Gel-Nimbus
- Brooks Ghost, Glycerin
- New Balance 840, 990
- Saucony ProGrid Ride

QUAD C

Features:

- Neutral Cushion Shoe with mid-arch stability

Shoe Recommendations:

- Asics GT 2000, Kayano, Cumulus, Fortitude (w), GT 1000
- Teen: Asics Dynaflyte & Roadhawk
- Young Kids: Asics GT1000, Contend, Noosa, Scram
- New Balance 1080, 860, 890, 880, 840 (eq)
- Saucony Pro Grid Ride, Walking 928, Cohesion (kids)
- Keen Koven or Merrell Moab (Hiker)
- Brooks Glycerin 15

QUAD E

Features:

- Neutral Cushion Shoe with mid-arch Stability
- Straight Last

Shoe Recommendations:

- Asics GT 2000, Kayano, Cumulus, Fortitude (w), GT 1000
- Teen: Asics Dynaflyte & Roadhawk
- Young Kids: Asics GT1000, Contend, Noosa, Scram
- New Balance 1080, 860, 1260, 990, 880, 840
- Saucony ProGrid Ride, Cohesion (kids)
- Keen Koven or Merrell Moab (Hiker)
- Brooks Glycerin 15

QUAD B

Features:

- Stability
- Straight Last

Shoe Recommendations:

- Asics Gel-DS Trainer (narrow), Kayano
- Brooks Adrenaline GTS or Connect (narrow)
- New Balance 1080
- Saucony ProGrid Ride

QUAD D

Features:

- Stability Shoe
- Straight last
- May need Motion Control for heavier individuals

Shoe Recommendations:

- Brooks Dyad (wider)
- Asics Gel Kayano (w), Fortitude (more cushion-w)
- Saucony ProGrid Omni
- New Balance 928, 1260, 1340
- Keen Koven or Merrell Moab (Hiker)

QUAD F

Features:

- Motion Control Shoe
- Posted heel
- Straight Last

Shoe Recommendations:

- Asics Foundation (w)
- Brooks Beast for Men or Ariel for Women, Addiction
- New Balance 990, 1340, 1540 (ultra stable)
- Saucony ProGrid Stabil

Please note that 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 numbers 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 you try the bending test. If the shoe bends at the arch, look for another one.