Recommended Shoe Guide - Best for Foot Orthotics

July 2026 (updated 2x yearly)

Used For: **Everyday - Running, walking, gym, appointments, errands, daily**

Benefits: **Stability, support, pronation control, cushioning, improved gait**

* Altra ≈

1. Torin 8 - Roomy toebox, generous cushioning
2. Olympus 6 - Roomy, all-day walker/lite hiking, high cushionability
3. Paradigm 8 - high stability, firmer with roominess

*Keen ≈

1. Targhee III Waterproof - rugged, waterproof, supportive trail hiker
2. NXIS Speed - breathable, lightweight hiking sneaker, generous room
3. Zionic - waterproof, breathable, low-profile walking/hiking

* Brooks ≈

1. Beast GTS 24 - Good medial/lateral support, roomy with good foot alignment
2. Adrenaline GTS 25 - excellent support, roomy toe box
3. Ghost Max 3 - high cushioned platform, all-day weight-bearing protection
4. Addiction Walker 2 - supportive, leather, and slip-resistant

* Orthofeet ≈

1. Tilos or Yari - Hands Free Slip Ons, roomy toeboxes, soft uppers & lightweight
2. Navigate - Slip On Convenience, leather & lightweight
3. Lava Stretch - accommodating knit uppers, ample inner volume

*Saucony ≈

1. Echelon 10 - Ultra Spacious, straight last design for most feet
2. Hurricane 26 - soft, roomy support, wide flared base, pronation control
3. Omni 23 ST - reliable medial support, balanced cushioning, great runner shoe

*Hoka ≈

1. Clifton 10 - high cushion and 8mm heel rise, spacious toebox, daily trainer
2. Bondi 9 - Thicker platform, high cushion & excellent for runners, walkers & standers
3. Bondi SR - Ample cushioning for standing workers, walkers, water-resistant leather

*New Balance ≈

1. 990v6 - ultra-cushioned with bounce, roomy & durable, pigskin & mesh
2. Fresh Foam 1X 860v15 - plush foam sole with full-length medial rollbar
3. 928v3 - supportive leather uppers, Abzorb cushioning, pronation rollbars

*Ecco ≈

1. Biom 2.2 - good overall support & energy return, nubuck leather, Gore-Tex & mesh
2. Gruuv - premium leather uppers, quality soling, athletic performance with style
3. Exostride - Outdoor-ready sneaker with style, top-grain leather, high cushion sole

*On Cloud ≈

1. Cloudflyer 5 - Good underfoot comfort w dual-density soling, overpronator support
2. Cloudmonster 2 - dual-density midsole support, excellent energy return, highly stable
3. X4 - flexible & super airy, lightweight mesh uppers, good training shoe, casual everyday
4. Cloudrunner 3 - comfortable padded uppers, wide supportive base, high cushioning
5. CloudStratus - High-impact running shoe, built-in nylon stays, firm, stable soles

*Mizuno ≈

1. Wave Horizon 8 - Stable, good medial support w ample cushioning sole, sturdy runner
2. Wave Sky 8 - “comfy cruiser” all-day runner/walker, dual-density soling w energy return
3. Wave Rider 29 - impact protection runner/walker/worker, snug heels, roomy forefoot

*Asics ≈

1. Gel-Nimbus 27 or 28 - cloud-like impact protection, thick-soled gel heel, breathable mesh
2. Gel Kitano 32 - thick soled runner/walker w gel heels, supportive for overpronators
3. Cumulus 26 or 27 - walker/runner/gym shoe, less thickness, more stability, durable
4. GT 200 13 - stable daily runner/walker with medial support, durable & comfortable

*Kuru

1. Atom 2 - orthopedic, athletic sneaker with heavy-duty support for work/run, knit mesh
2. Quantum 2.0 - fitness/walker/work w heel support, roomy w mesh upper, all-day support
3. Flex Via - athletic walker/sneaker for work/gym/run, flexible w good traction, breathable
4. Chicane - Trail hiker/walker, snug heel, roomy toebox, leather or mesh options

* Skechers ≈

1. Arch Fit 2.0 - Good cushioning/high rebound, slip-in style, breathable walker/worker
2. Summits - lightweight, slip-on mesh walker/everyday, memory foam, shock absorb
3. Go Walk 6 - laced or slip-on, liteweight, high cushion, stretch uppers, walk/jog/gym
4. Max Cushioning Arch Fit - heavy, thick foam sole, durable rocker-sole, medial support

*Solomon ≈

1. Salomon X Ultra 5 GTX - tough Kevlar uppers, hiker/trail runner, waterproof, lug tread
1. Ultra Glide 2 - Energy foam rocker-sole, lite mesh uppers, Quicklaces, trail walk/run lug
2. Areo Glide 3 - lightweight daily run/walker, “trampoline-like” feel, smooth rocker sole

*Merrell ≈

1. Moab 3 GTX - rugged support hiker, pigskin leather & mesh, waterproof option, solid
2. Moab Speed 2 - Lightweight & cushioned trail runner/hiker, impact cushion, traction
3. Jungle Moc Wide - Slip On style, wide heel/forefoot option, nubuck leather upper, shank

*Adidas ≈

1. Terrex Swift R3 GTX - heavy-duty, waterproof walking/lite hiking shoe
2. Terrex AX4 - hybrid, lightweight trail runner/ hiker, budget friendly
3. Terrex Trailmaker - stable, lightweight trail runner/hiking shoe

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