



DR. SCOTT O'CONNOR

Fellow, American College of Foot & Ankle Surgery
 Diplomate, American Board of Podiatric Surgeons
 Certified in Foot, Reconstructive Rearfoot/Ankle Surgery

Normal – (309) 807-0384

Pontiac – (815) 842-6551

Eureka – (309) 467-2371

EXERCISE WALKING / RUNNING §

Adidas Adistar Control
Aetrex Rhino
Asics MC Plus* Foundation Kayano
 Evolution GT2120
Brooks Beast* / Ariel* Addiction 7
 Adrenaline Trance
Mizuno Wave Renegade
New Balance 587 768 859 1011 1123*
Saucony Grid/ProGrid Stability
 ProGrid Omni 7

WALKING §

Aetrex X800 and X900 Series
Brooks Addiction Walker (Leather)
Dunham 5953 910 8000 9100
New Balance 811 845 926
Saucony Grid Motion
 ProGrid Stability LE
SAS Time Out(m) Free Time(w)

TRAIL RUNNING/LIGHT HIKING

Brooks Addiction ASR3
Keen TargheeII
Merrill Chameleon
Montrail Hardrock* Comp XCR
New Balance 907
Saucony ProGrid Xodus

CROSS TRAINERS / AEROBICS

K-Swiss Ultrascendor Glaciator
New Balance 780 802 854 1002 1009
Nike Air Max 180 Trainer

BASKETBALL

Adidas Pro Model
New Balance 889 905
Nike Air Huarache Air Air Force Stat
 Air Max Elite

DRESS SHOES: HEELS, FLATS, CASUAL

Ask your doctor how to select appropriate shoes for your needs. Evaluate shoes carefully before purchasing.

**Aravon Ariat Beautifeel Blend Dansko
 Finn Comfort Hush Puppies Kumfs
 Munro Naot Nickels Neil M Paul
 Thomas Redwing Rieker Rockport
 Salamander Sanita Selby Sudini Taryn
 Rose Theresia Think**

SANDALS

Lab manufactures custom orthotics for **BITE®** sandals. Ask your doctor for details.

Sandal brands that can accept custom orthoses include:

**Ariat Birkenstock Bite Dansko Finn
 Comfort Moskito Naot Solvee Theresia**

CLOGS AND SLIPPERS

Nontraditional slippers for support and comfort.

**Crocs Daniel Green Clogs Finn Comfort
 Orb Geisswan Clogs Heflinger Clogs Naot
 Iceland or Glacier Stegmann Clogs**

EXTRA-DEPTH SHOES §

**Aetrex Apex Drew Orthofeet
 P.W. Minor Soft Spot**

§ **Best shoe types for use with AFOs**
 * **Maximum motion control**

Adapted in association with ProLab

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