



# Robin Lie, DPM

Sports and General Podiatry  
[www.RunFootDoc.com](http://www.RunFootDoc.com)

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## For General Training:

- \*Asics Gel Nimbus 20
- \*Asics Gel Cumulus 20
  - \*Brooks Dyad
- \*Hoka One One Clifton 5
  - \*Hoka One One Cavu
    - \*Altra Paradigm
    - \*Nike Volmero

## Pronation Control:

- \*Adidas Supernova ST
  - \*Asics GT3000
- \*Brooks Adrenaline GTS
  - \*Brooks Transcend
  - \*New Balance 860
  - \*Saucony Omni ISO
    - \*Nike Structure
- \*Hoka One One Gaviota
- \*Hoka One One Arahi 2
  - \*Altra Provision
- \*Mizuo Wave Horizon 2
- \*Mizuno Wave Inspire 14

## Trail:

- \*New Balance Hierno
- \*Hoka One One Challenger ATR

## For Plantar Fasciitis:

- \*Asics Foundation
- \*Asics Kayano 25
- \*Mizuno Wave Paradox
  - \*Brooks Addiction
  - \*Brooks Beast/Ariel

## For Forefoot Pain:

- Hoka One One Bondi
- \*Hoka One One Gaviota

- \*Hoka One One Arahi
- \*Altra Olympus
- \*Altra Paradigm

## For Shin Splints:

- \*Hoka One One Arahi
- Hoka One One Bondi
- \*Hoka One One Gaviota
- \*New Balance Fresh Foam 1080
- \*Brooks Pure Cadence

## Soft Heel Counter Shoes:

- \*Nike Free Flynet
- \*Nike Odyssey React
  - \*Nike Kiger 4
  - \*Altra Torin
- \*Altra Escalante

## Inserts for Plantar Fasciitis:

- \*Spenco Thinsole
- \*Superfeet Carbon
- \*Superfeet Run Comfort Max

## Cushioned Inserts:

- \*Spenco Walker/Runner
- \*Spenco Comfort Insoles
- Spenco Cross Trainer

\*available at  
Running Center  
1430 Industrial Park Ave.  
Redlands, CA 92374  
(909) 335-2226