



# Robin Lie, DPM

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

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Loma Linda, CA 92354  
(909) 796-2705



### **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 Stinson

### Hoka One One Mafate

- \*Altra Olympus
- \*Altra Paradigm

### **For Shin Splints:**

- \*Hoka One One Stinson
- Hoka One One Bondi
- Hoka One One Mafate
- \*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

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