



Shoe List *by Mark T. Reeves, DPM*

VIRGINIA MASON SPORTS MEDICINE

Running Shoes (Motion Control/Anti-Pronation)

Cushion/Neutral

ASICS

- Cumulus 15 (M/W)
- Nimbus 15 (M/W)
- Kinsei 5 (M/W)

Brooks

- Glycerin 11 (M/W)
- Ghost 6 (M/W)
- Dyad 7 (M/W)

HOKA

- Mofata 3 (M/W)
- Stinson B (M/W)

New Balance

- 880 (M/W), 1080 (M/W)

Nike

- AirMax (M/W)

Mizuno

- Wave Rider 16 (M/W)
- Wave Creation 14 (M/W)

Saucony

- Ride 6 (M/W)

Mild Motion Control

Adidas

- SuperNova Sequence 6 (M/W)

ASICS

- Kayano 120 (M/W)
- GT 3000 (M/W)

Brooks

- Adrenaline GTS 14 (M/W)

Mizuno

- Alchemy 12 (M/W)

New Balance

- 870 (M/W), 1340 (M/W)

Nike

- Structure Triax 17 (M/W)

Saucony

- Guide 7 (M/W)
- Hurricane 15 (M/W)

Moderate Motion Control

ASICS

- Forte (M/W)

Brooks

- Addiction 10 (M/W)

New Balance

- 1012 (M/W), 587 (M/W)

Maximum Motion Control

Brooks

- Beast 12 (M) or Ariel (W)

New Balance

- 1540 (M/W)

Saucony

- Grid Stabil CS 3 (M/W)

Tennis used as Cross-Trainers

Adidas

- Barricade 8 (M/W) ***

K-Swiss

- Defier RS (M/W) **
- Glaciator (M/W) **

New Balance

- 1005 (M/W), 1187 (M/W) **

Nike

- Courtballistic 4.3 (M) **
- Vapor 9 (M/W) **

Prince

- T-22 (M/W) **

Walking Shoes

Brooks

- Addiction Walker (M/W) **

New Balance

- 928 (M/W) ***
- 846 (M/W), 811 (M/W) *

Basketball Shoes

Adidas

- Crazy Shadow 2.0 (M) **

And1

- The Beast (M) **

Nike

- LeBron 11 (M) ***
- Hyperdunk (M) ***

Day Hiker and Trail Running Shoes

ASICS

- Kahana 6 (M/W) *

Brooks

- Adrenaline 10 GTX (M/W) ***

New Balance

- 968 (M/W) ***

Keen

- Targhee II (M/W) ***
- Voyageur (M/W) **

Merrill

- Chameleon III (M/W) **
- Refuge (M/W) **

Patagonia

- Drifter (M) ***

Clogs and Casual Shoes

Dansko

- Professional ***
- Professional XP ***

Merrill

- Jungle Moc **

Sandals

Chaco

- Z1 or Z2

Keen

- Newport or Venice

ORTHAHEEL

Rockerbottom Shoes

ALEGRIA

- Dress Casual, Sandal (W)

MBT

- Dress Casual, Sandal and Walking (M/W)

Discontinued, available on Amazon.com.

Over-the-Counter Orthotics

- Arch Molds®
- Biosoft®
- ProLab®
- Quickstride®
- Sof Sole Custom®
- Superfeet®

*** Maximum motion control in category

** Moderate motion control in category

* Mild motion control in category

Shoe List *(continued from other side)*

Shoes available at:

RUNNING SHOES

- **Sound Sports** (80 Madison St., Seattle)
- **Super Jock 'n Jill** (7210 E. Greenlake Dr., Seattle)
- **West Seattle Runner** (3727 California Ave., West Seattle)
- **Shoes & Feet** (15015 Main Street, #102, Bellevue)
- **Run 26** (15603 Main St., Mill Creek)

HIKING SHOES/BOOTS

- **REI** (222 Yale Ave. N., Seattle)

DRESS SHOES & (LIMITED) RUNNING SHOES

- **Shoes & Feet** (Fremont / SeaTac)

Sports Medicine at Virginia Mason Medical Center



At the Virginia Mason Sports Medicine Clinic, getting you back on your feet and out doing your favorite activities is our top priority. We take a team approach to your health care, giving you the best possible care by skilled and compassionate sports medicine providers that includes orthopedic physicians and surgeons, podiatrists, physician assistants, physical therapists and other specialized clinicians. From the weekend warrior to world class athletes like the Seattle Sounders FC and Seattle Storm, we've been the premier choice for sports enthusiasts in our region for more than 25 years.

Clinic Locations

We have seven sports medicine clinics around the region, so we're close to you no matter where you are.

Seattle Downtown

1201 Terry Ave
Seattle, WA 98101
(206) 223-6487

Bainbridge Island

380 Winslow Way E.
Bainbridge Island, WA 98110
(206) 842-5632

Bellevue

222 112th Ave. N.E.
Bellevue, WA 98004
(425) 637-1855

Federal Way

33501 First Way S.
Federal Way, WA 98003
(253) 874-1668

Issaquah

100 N.E. Gilman Blvd.
Issaquah, WA 98027
(425) 557-8000

Kirkland

11800 N.E. 128th St., Suite 300
Evergreen Plaza Building
Kirkland, WA 98034
(425) 814-5100

Lynnwood

19116 33rd Ave. W.
Lynnwood, WA 98036
(425) 712-7900

Services

- ACL tears
- Dislocation
- Knee pain
- Physical therapy
- Podiatry
- Rotator cuff surgery
- Shoulder and knee arthroscopy