



**B. David Massaband, DPM, FACFAS**  
**Arash Hassid, DPM**  
**Pegah Samouhi, DPM**

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## **SHOE RECOMMENDATION LIST**

### **Cushion/Neutral Shoes**

Adidas: Ultra Boost and Glide Boost

Altra: Torin and Impulse

Brooks: Dyad, Ghost, and Glycerin

Hoka: Clifton and Bondi

New Balance: 880, 1080, Vazee

Nike: Pegasus, Vomero

Reebok: Grass Road 2.0

Saucony: Ride and Triumph

### **Moderate Stability (Running)**

Asics: GT 1000, GT 2000 and Gel Kayano

Brooks: Ravenna and Adrenaline GTS

Hoka: One One Arahi

Mizuno: Wave Inspire, Wave Horizon

New Balance: 860, 990, 991, 992, 993, 1540

Nike: Air Zoom Structure

Saucony: Guide

### **Maximum Support**

Asics: Gel Foundation and Gel Fortify

Brooks: Addiction, Beast, and Ariel

Mizuno: Paradox

New Balance: 1340

### **Walking**

Asics: Gel Tech, and Gel Foundation

New Balance: 844, 940, and 1540

Saucony: Omni Walker

### **Hiking and Trail**

Altra: Long Peak and Olympus

Asics: GT 2000 Trail and Fujitrabuco

Brooks: Cascadia and Adrenaline ASR

Hoka: Challenger

New Balance: 910

Nike: Wildhorse

Saucony: Peregrine

### **Platform Sandals**

Madeline      Janita

Bjork: Clogs      Børn

Boc      Dansko

Clarks      Mia

### **Sandals**

Oofos      Spenco      Birkenstock

Vionic      Naot      Teva      Merrell

8631 W. 3<sup>rd</sup> St. 940E • Los Angeles, CA 90048 • 310-657-2828  
4560 Admiralty Way Ste 351 • Marina del Rey, CA 90292 • 310-822-3572  
16661 Ventura Blvd. Ste 705 • Encino, CA 91436 • 818-789-7891