



# NORTH FLORIDA

## FOOT & ANKLE SPECIALISTS



6420 W. Newberry Rd. #210 Gainesville FL, 32605



456 SE Baya Dr. Lake City FL, 32025

### Dr. Epstein Shoe Recommendations

Proper fitting shoes are an essential piece of equipment for any activity as they provide cushioning, support, and protection. With so many different brands and styles to choose from, it can be overwhelming to decide which one is right for you. Here is a brief overview of the top shoe brands and styles to consider:

**Hoka One One** - Hoka is a brand that is known for its maximalist shoes, which offer extra cushioning and support. The Bondi is a popular choice for runners looking for a plush, comfortable ride, while the Clifton is a more lightweight, responsive shoe that is great for faster runners.

**On Cloud** - On is a Swiss running shoe brand that offers innovative and high-quality shoes, which features a unique cushioning system. The On Cloud is available in various styles, such as the supportive and stable On Cloud Stratum, the minimalistic and lightweight On Cloud X, and the cushioned and comfortable On Cloudfly, to accommodate different preferences and needs.

**Brooks** - Brooks is a brand that is highly respected for its comfortable and reliable shoes. The Ghost is a well-cushioned shoe that is perfect for long distance running, and the Glycerin is a plush, comfortable shoe that is great for runners who need extra cushioning.

**New Balance** - New Balance is a brand that offers a wide variety of shoes for different types of runners. The Fresh Foam 1080 is a plush, comfortable shoe that offers excellent cushioning and support, while the 1080v9 is a more lightweight, responsive shoe that is great for faster runners.

**Altra** - A popular running shoe brand, known for their zero-drop design and wide toe box. This allows for a natural foot position and a more comfortable fit for runners. The Altra Escalante is a popular choice for its responsive and energetic ride, while the Altra Torin is known for its cushioned and comfortable fit.



352. 525. 2779



352. 525. 2794



ADMIN@NORTHFLFOOTANKLE.COM