

Please note that shoe preferences can be highly individual, and it's essential to try them on and make sure they fit insoles. It is best to wear them at home so that you are able to return them if the fitting is an issue.

#### **Best Running Shoes for Rocker Forefoot (Men):**

**Hoka One One Clifton 8:** Hoka is known for its cushioned midsoles, which provide a smooth and rocker-like ride, making them suitable for those with a rocker forefoot gait. The Clifton 8 offers excellent cushioning and support.

**Brooks Ghost 14:** Brooks is another reliable brand known for its comfort and support. The Ghost 14 has a balanced cushioning system that can help runners with a forefoot rocker stride.

#### **Best Running Shoes for Rocker Forefoot (Women):**

**ASICS Gel-Nimbus 24:** ASICS Gel-Nimbus series is known for its plush cushioning and support. The Gel-Nimbus 24 is suitable for women with a rocker forefoot, providing a comfortable and smooth ride.

**New Balance Fresh Foam 1080v11:** New Balance's Fresh Foam series offers excellent cushioning and a stable platform. The 1080v11 is designed to provide a comfortable and supportive ride for women with a forefoot rocker gait.

**Mizuno Wave Rider 25:** Mizuno's Wave Rider series is popular for its responsiveness and cushioning. The Wave Rider 25 is a good choice for women with a forefoot rocker stride.

#### **Best Shoes for Hallux Rigidus (Men and Women):**

**Hoka One One Bondi 7 (Men and Women):** The Hoka Bondi 7 offers ample cushioning and a wide toe box, which can help alleviate discomfort associated with hallux rigidus.

**New Balance 928v3 (Men and Women):** This shoe is known for its excellent arch support and roomy toe box, making it suitable for individuals with hallux rigidus. It also has a rollbar for added stability.

**Brooks Addiction Walker (Men and Women):** The Brooks Addiction Walker is a popular choice for individuals with hallux rigidus due to its excellent support and roomy toe box.

#### **Running Shoes with Rocker Sole and Deep Toe Box (Men):**

**Altra Paradigm 5:** Altra is known for its FootShape toe box, which provides ample space for the toes to splay naturally. The Paradigm 5 features a rocker sole and a roomy toe box, making it suitable for those looking for both features.

**Hoka One One Bondi 7:** As mentioned earlier, the Bondi 7 from Hoka offers a rocker sole and a spacious toe box, making it comfortable for runners with wider feet or toe-related issues.



**Topo Athletic Ultrafly 3:** Topo Athletic designs shoes with a roomy toe box and a natural, low-drop platform. The Ultrafly 3 is a stability shoe with a rocker-like feel and extra space for the toes.

### **Running Shoes with Rocker Sole and Deep Toe Box (Women):**

**Altra Torin 5:** Similar to the men's Paradigm, the Altra Torin series is known for its roomy toe box. The Torin 5 has a rocker sole and plenty of space for the toes to move comfortably.

**Hoka One One Clifton 8 Wide:** Hoka offers wide versions of many of their shoes, including the Clifton 8, which has a rocker sole and is available in a wide fit for women who need extra toe room.

**New Balance Fresh Foam 1080v11 Wide:** New Balance provides wide width options in several of their models. The Fresh Foam 1080v11 is a comfortable shoe with a rocker-like sole and a wide toe box.

These shoes offer a combination of a rocker sole and a deep toe box, which can be particularly beneficial for those who want to alleviate pressure on the toes or need extra space due to foot conditions. Remember to try them on to ensure they fit your specific needs and provide the comfort and support you require