

Neutral Shoes

When choosing stable neutral running shoes suitable for orthotic inserts, you'll want to look for models that provide a good balance of support (not too soft), cushioning, and compatibility with orthotics. Here are five top options:

1. Brooks Ghost 14:

- The Brooks Ghost series is known for its neutral support and plush cushioning. The Ghost 14 offers a smooth and comfortable ride, making it an excellent choice for orthotic users.

2. ASICS Gel-Nimbus/Cumulus 24:

- ASICS Gel-Nimbus is a long-standing favourite among neutral runners. The Gel-Nimbus 24 provides ample cushioning and support, with a removable insole that can accommodate orthotics.

3. New Balance 1080v11:

- The New Balance 1080v11 is a stable, neutral running shoe with a spacious toe box. It offers good support and cushioning while allowing room for orthotic inserts.

4. Saucony Triumph 19:

- The Saucony Triumph series is known for its cushioned and neutral ride. The Triumph 19 offers a comfortable fit and removable insoles, making it orthotic-friendly.

5. HOKA ONE ONE Clifton 8:

- HOKA ONE ONE's Clifton series is popular for its plush cushioning and lightweight design. The Clifton 8 is a neutral shoe that can accommodate orthotics with its removable insole.

When choosing the right shoe for your specific needs, consider factors like your foot shape, running gait, and any requirements from your orthotics. It's advisable to visit a speciality running store where you can try on different models and work with knowledgeable staff to find the best fit for your feet and orthotics or if buying online make sure you wear the shoes indoors for a few hours minimum to ensure fit before using them outside. Properly fitted running shoes are essential for comfort and injury prevention during your runs