

Stiff Rockers

Brand	Model	Price	Type	Stack Height	Offset	Heel Counter Firmness	Ladies	Men	Available at LadySport	Available at FitFirst Footwear	Width Sizing Available	Description
New Balance	MoreV4	\$190	Neutral	35/31	4 mm	Moderate	✓	✓	✓	✓	✓	This is one of the few stiff rocker maximalist shoes other than Hoka. It is important because of available multiple widths. The only concern with V3 is did they make it too flexible? We shall see!
New Balance	More Trail V3	\$190	Neutral	38/34	4 mm	Very	✓	✓	✓	✓	✓	The concern is did they make it more flexible in the forefoot and lose what makes this shoe special?
New Balance	Super Comp Trainer	\$230	Neutral	47/41	6 mm	Very	✓	✓	✓	✓	✓	The softest of all the stiff rockers. The plate insures offloading stiffness for the life of the shoe
New Balance	W840F	\$180	Neutral	33/29	4mm	Very	✓	✓	✓	✓	✓	A new entry of an old classic that changes from a low profile traditional shoe to a maximal shoe. Big change here check out our video on the website for a full review.
Hoka	Bondi 8	\$200	Neutral	31/27	4mm	Very	✓	✓	✓	✓	✓	The classic stiff rockered shoe. It is now available as well in men's extra wide.
Hoka	Bondi SR	\$200	Neutral	31/25	6mm	Very	✓	✓	✓	✓	-	Leather upper, and slip resistant sole make it perfect for restaurant work, and weatherproof uniform stiffness.
Hoka	Clifton 9	\$180	Neutral	29/25	4mm	Very	✓	✓	✓	✓	✓	This is the less bulky and slightly more flexible option. Generally not as good a choice for the heavier patient who needs a very stiff flex rating.
Hoka	Speedgoat 4 WP	\$190 WP/\$200	Neutral Trail	31/27	4mm	Moderate	✓	✓	✓	✓	-	A trail shoe that is available in wide. Very stiff model with excellent traction. Available in Goretex medium width only.
Hoka	Challenger ATR WP	\$200	Neutral light hiker	29/24	5mm	Moderate	✓	✓	✓	✓	-	Available in mesh upper or leather waterproof. More of a light hiker/country walker with a stiff sole.
Hoka	Ora Recovery	\$80	Slide Slipper	23/18	5mm	-	✓	✓	✓	✓	-	This model is terrific for around the house and summer. The elastic toebox for hammertoes and breathability. Can also be used as an easy entry slide.
Hoka	Rocket X2	\$230	Neutral racer	36/31	5mm	Very	✓	✓	✓	✓	-	Primarily a racing shoe that is perfect if you want light weight and the stiffness offered by a plate in the midsole. Do not expect durability!
Hoka	Stinson 6	\$180	Neutral trail	34/29	5mm	Very	✓	✓	✓	✓	-	Very stiff wide toe box model which is excellent for off road. Traditional Hoka thick stack height style shoe.
Saucony	Endorphin Series	\$190 - \$300	Neutral	39/35	4mm	Moderate	✓	-	✓	-	-	The most important model in this series for us is the Shift. That is being discontinued in 2024. Lets see how this develops.
Asics	Evoride	\$160	Neutral	25/20	5mm	Firm	✓	-	✓	-	-	This is a very important model as the very early stage rocker makes it excellent for ankle fusions and ankle replacements. As well as any lack of dorsiflexion in this area.
Asics	Glideride 3	\$210	Neutral	31/25	6mm	Firm	✓	✓	✓	✓	-	This is the less expensive version of the above model. Key difference is the above Metaride has a stretchy toe box which is excellent for hammertoes in bunions.
Brooks	Ghost Max	\$190	Neutral	28/22	6mm	Firm	✓	✓	✓	✓	✓	Brooks enters the max market with their first competitor to hoka. Very soft,very needed
On	CloudMonster	\$210	Neutral	33/27	6mm	Very	✓	✓	✓	✓	-	Not for the pronator, but ideal for the fasion sensitive person needing +/- orthopedic off loading