

How to choose the correct running shoes

Understand Pronation

Pronation is the rolling of the foot from heel to toe through the foot strike. A proper or **neutral** pronation is hitting the outside of the heel and up to ball of your foot evenly across the front. This is how your foot reduces the stress of impact.

Neutral Stride and are best suited for choosing **Stability Running Shoes**

Underpronation is not enough evening out so the outside of your foot takes most of the shock instead of finishing in the neutral position and most likely need to choose **Cushioned Running Shoes**

Overpronation is too much roll across from the outside to the inside of your foot and probably need to choose **Motion-Control Running Shoes**

Determine Your Foot Type

You have a **normal arch** (neutral pronation) Choose **Stability Running Shoes**

You have a **low arch** (flat feet/overpronator) Choose **Motion-Control Running Shoes**

You have a **high arch** (underpronator) Choose **Cushioned Running Shoes**

Select Your Gait Type

Severe Overpronation: The outside of the heel strikes the ground first and the foot rolls inward excessively which means the foot and ankle cannot properly stabilize the body. The best running shoes are *Stability shoes* or *Motion Control shoes* depending on the severity of overpronation.

Mild Overpronation: The outside of the heel strikes the ground first and the foot rolls inward slightly absorbing the shock more effectively which allows the foot and ankle to properly support the body. This is the most common foot type. The best running shoes are *Stability shoes*

Neutral: The outside of the heel strikes the ground first and the foot rolls inward slightly absorbing the shock more effectively which allows the foot and ankle to properly support the body.

Supination: The outside of the heel strikes the ground first but the foot does not roll inward during the gait cycle. Instead it stays on the outside causing the impact to be concentrated on a smaller portion on the lateral side of the foot. The best running shoes are more flexible *Neutral Cushioning shoes*

Select Your Shoe Shape

Overpronators should choose a running shoe with a **Straight** shape.

Underpronators should choose a running shoe with a **Curved** shape.

Normal/Neutral pronators should choose a running shoe with a **Semi-Curved** shape.

For Complete information:

http://www.therunningadvisor.com/running_shoes.html