

ADVANCED FOOT AND ANKLE CLINIC

RUNNING SHOE GUIDE

There is no "one best shoe" out there, but there is one best shoe for your foot. Shoes and feet come in three main shapes: semi-curved or neutral (regular arch), straight (flat foot), and curved (high arched). Finding a shoe that is a similar shape (or last) to your foot is one of the most important aspects in finding the correct shoe. Make sure you have both feet measured for width and length even if you think you know your size. Also, if you wear orthotics, bring them with you to try on shoes. To identify your foot type, look at your footprint on the bath mat after you step out of the shower. The three foot types are described below:



THE NORMAL FOOT (NEUTRAL): SEMI-CURVED LAST

DESCRIPTION: Normal feet have a normal-sized arch and leave an imprint that has a flare but shows the forefoot and heel connected by a wide band.

FOOT CHARACTERISTICS: A normal foot lands on the outside of the heel, then rolls inward (pronates) slightly to absorb shock. Runners with a normal foot and normal weight are usually considered biomechanically efficient and don't require motion control shoes.

BEST SHAPE / LAST OF SHOE: Semicurved

BEST SHOES: **Stability shoes** with moderate control features such as a two-density midsole (a durable outer sole).



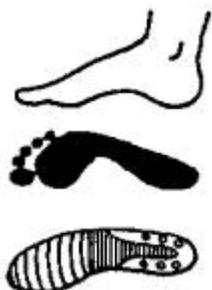
THE FLAT FOOT (PRONATED): STRAIGHT LAST

DESCRIPTION: Flat feet have a low arch and leave a nearly complete imprint. That is, the imprint looks like the whole sole of the foot.

FOOT CHARACTERISTICS: This imprint usually indicates an overpronated foot that strikes on the outside of the heel and rolls inward (pronates) excessively. Over time, this motion may cause various overuse injuries.

BEST SHAPE / LAST OF SHOE: Straight or semi-curved.

BEST SHOES: Rigid, **motion-control shoes**, or stability shoes with firm midsoles and control features that reduce the degree of pronation. Stay away from highly cushioned, curved-lasted shoes that lack stability and control.



THE HIGH ARCHED FOOT (SUPINATED): CURVED LAST

DESCRIPTION: High-arched feet leave an imprint showing a very narrow band connecting the forefoot and heel.

FOOT CHARACTERISTICS: A curved, high-arched foot is generally termed a supinated or underpronated foot. This type of foot usually doesn't pronate enough, so it's not an effective shock absorber and needs a soft, cushioned shoe.

BEST SHAPE / LAST OF SHOE: Curved.

BEST SHOES: Softer, **cushioned shoes**, which allow more foot motion.