

## Choosing the Right Running Shoe

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Your choice in running shoes can make the difference when it comes to staying injury-free. There is nothing more frustrating than not being able to run because of pain. There are many variables that come into play when we talk about preventing injuries associated with running such as weight, biomechanics, flexibility, strength, weekly mileage, and so on. However, one variable that is an easy fix is your choice in running shoes. Your running shoes can make the difference when it comes to staying injury-free. How do you choose the best shoes for you? Just follow the 3 easy steps below and make special note of the additional helpful hints.

### Step #1

**Take a wet test to help determine if you have flat or high arches.**



Shoe fitting step 1

1<sup>st</sup> Pour a thin layer of water into a shallow pan



Shoe fitting step 2

2<sup>nd</sup> Wet the sole of your foot

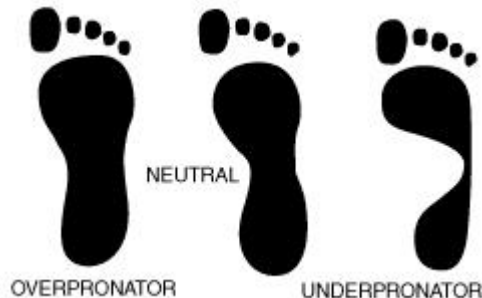


Shoe fitting step 3

3<sup>rd</sup> Step onto a brown paper shopping bag/other heavy paper



4<sup>th</sup> Step off and look at your footprint and match it with one of the footprints below



If you have the footprint of an **overpronator**, where you see almost your entire footprint, you have a **flat foot**. That means when your foot hits the ground your arch collapses too much, resulting in excessive foot motion and increasing your risk for injuries.

If you have a **neutral** footprint, where you see about half of your arch, you have the most common foot type and are considered a **normal pronator**. This means that when your foot hits the ground your arch collapses just enough to absorb shock, resulting in normal foot motion and a decreased risk of injury.

If you have the foot of an **underpronator**, where you see just your heel, the ball of your foot, and a thin line on the outside of your foot, you have a **high arch**. This means that your foot is unable to absorb some of the shock, resulting in too much shock traveling up your legs and increasing the chance of injury.

### Step #2

**Look at the bottom of your shoe and observe the wear pattern**

Is the bottom of your shoe worn away on the inside? If so, you are an **Overpronator**

Is the bottom of your shoe worn away on the outside? If so, you are an **Underpronator**

Is the bottom of your shoe uniform across the forefoot? If so, you have a **Neutral** foot

### Step #3

**Choose the Right Running Shoe**

Now that you know your foot type, you need to look for shoes that have two major characteristics. First, the shape on the bottom of your running shoe should match your

foot type. Secondly, the shoe should be categorized under the correct shoe type for you. See the chart below.

### **Match Foot Type and Correct Running Shoe**

<b>Foot Type</b>	<b>Shoe Shape</b>	<b>Shoe Type</b>
Overpronator	Straight	Motion-control
Underpronator	Curved	Cushioned
Neutral	Semi-curved	Stability

### **More Helpful Hints**

- \* Go to a specialty running store for your shoe purchase
- \* Do NOT buy a shoe for the color or trend, this shoe may not be ideal for you
- \* The best time to go and purchase shoes is at the end of the day or after a workout when your feet are largest
- \* Wear socks you would normally wear in shoes
- \* Plan to spend at least 45 minutes in the store
- \* Have feet measured both length and width
- \* Try both shoes on
- \* Take orthotics when buying shoes
- \* Shoes should be comfortable the moment you put them on
- \* Run in the shoes before you take them home

### **For more information:**

*[www.summahealth.org/sportshealth](http://www.summahealth.org/sportshealth)*

*[sportsmeddoc@summa-health.org](mailto:sportsmeddoc@summa-health.org)*