

## Finding the Best Running Shoes for Your Arch Type and Running Mechanics

Running shoes are designed to support 3 different types of foot Arch Type/ running mechanics. **Foot Arch Type** refers to the arch height which is classified as high, normal, or low. **Foot mechanics** are what happens with the foot during landing and shock absorption. **Pronation** is a normal movement and occurs to absorb the shock of the impact of running. The foot slightly rotates inward as you impact the ground and propel forward.

The 3 most common Arch Types/running mechanics are:

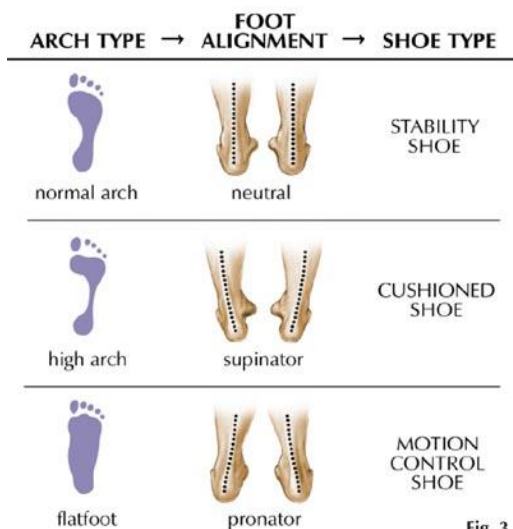
1. **High arch with under-pronation foot mechanics:** This foot type tends to be more rigid, under-pronate, and is not an effective shock absorber. During running, the outside of the heel strikes the ground first but the foot does not roll inward.
2. **Normal arch with normal pronation foot mechanics:** During running, this foot type will roll inward slightly to absorb shock effectively after heel strike. This allows the foot and ankle to properly support the body. The foot pushes off evenly.
3. **Low arch and over-pronation foot mechanics:** During running, this foot type rolls inward excessively after heel strike. The foot and ankle cannot properly stabilize and shock cannot be efficiently absorbed. The arch collapses too much and this may cause overuse injuries.



We recommend getting fitted for your specific Arch Type & Foot mechanics at a store with knowledgeable staff. If you are fitting yourself at home, try the following: wet the bottom of your foot and walk on cement or driveway to compare your footprint to the pictures above and below. You can do the same on a sandy beach. Buying the wrong shoes can increase the chance of injury and pain in your feet, ankles, knees, hips, and / or back.

The 3 running shoe types are:

1. **Neutral Cushioned:** This shoe type is best for high arch type and under-pronation. These shoes have additional midsole cushioning to provide the extra shock absorption which the lack of pronation is not providing. This cushioning also allows more pronation to occur.
2. **Stability:** This shoe type is best for a normal arch type and normal pronation. These shoes have some medial support and midsole cushioning.
3. **Motion Control:** This shoe type is for a low arch type and over- pronation. These shoes contain extra support on the medial side of the foot to slow and limit excessive pronation and usually have wider and flatter outsoles.



For helpful videos explaining arch type and running mechanics, visit:  
<http://www.runningshoesexpert.com/determine-your-running-mechanics>

Fig. 3