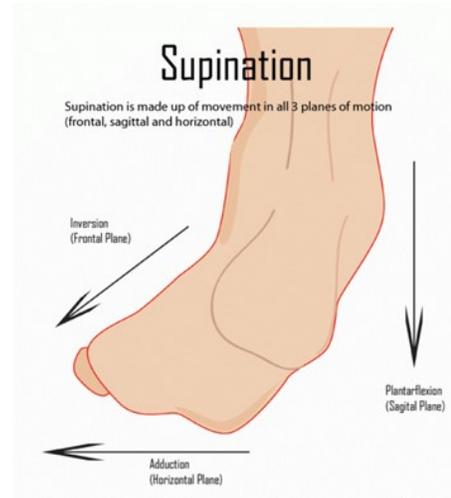
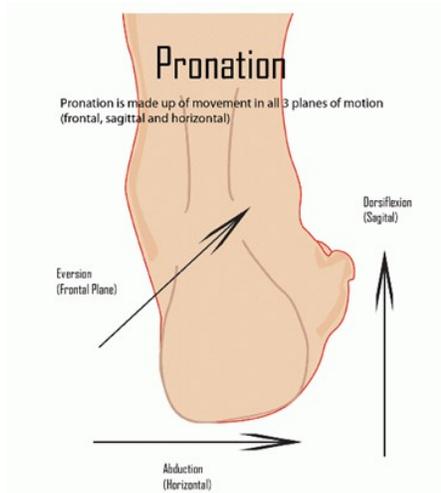


Sneaker Recommendations

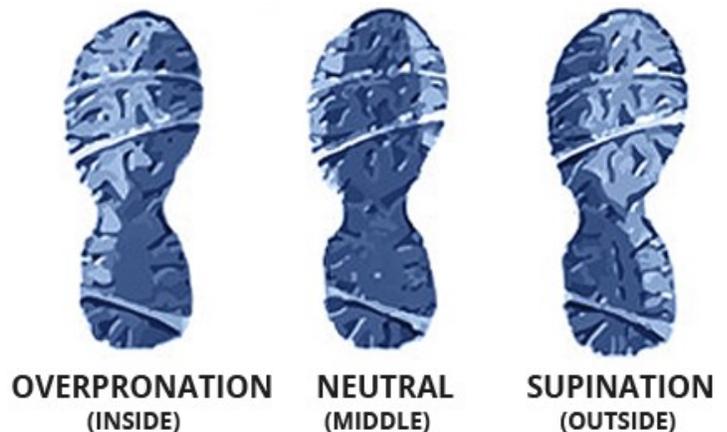
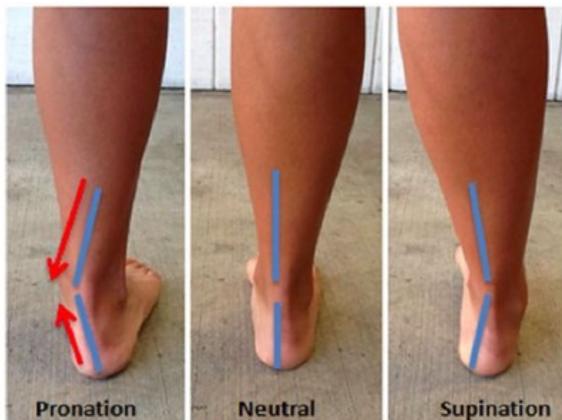


Pronation vs Supination?

Both pronation and supination are movements of the foot that are necessary for a normal gait pattern.

- **Pronation** is when the ankle turns inward and acts as a means of shock absorption.
- **Supination** is when the ankle and foot raise upward and acts to give the foot stability when stepping forward

Pronation occurs when the ankle turns in excessively and the arch of the foot collapses. Under pronation occurs when the foot is more rigid and the ankle does not turn in and the arch of the foot does not collapse as much as it should.



What type of Sneaker is best for Pronation?

If you are a pronator you want to look for a shoe that is going to support your foot and control the excessive motion of pronation.

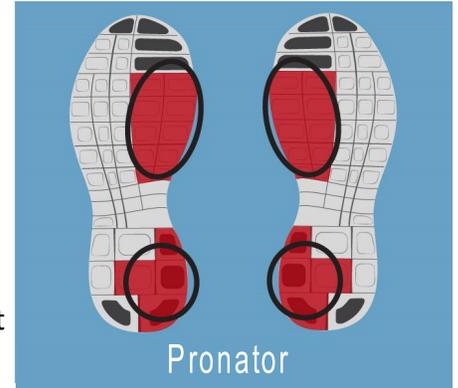
Typically you will see that the inside edges of your sneakers get worn down more if you are a pronator.

Look for a sneaker that has the following characteristics

Straight Shape: Sneakers come in different shapes when you are looking at the sole of the shoe it is either straight, curved or somewhere in between which is referred to as semi-curved. If you are a pronator a straight shaped shoe would be the best selection. A straight shoe provides more support and blocks over pronation.

Firm Medial Midsole: Harder foam on the midsole takes more pressure to compress and prevents over pronation. Most manufactures make this harder foam in a contrasting color (often grey).

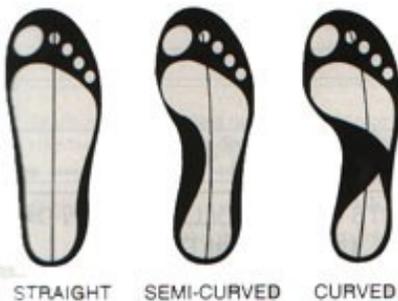
Reinforced Heel Counter: Make sure the heel of the sneaker is firm and that you can not easily bend it. This will support the heel more and help prevent the heel from rolling inwards.



What type of sneaker is best for Under Pronators (Supinators)

If you do not pronate enough you have a more rigid foot and your arch will not collapse as much when you are walking or running. Sneakers that are more flexible would be the most beneficial as they will offer the foot the most amount of movement.

Typically supinators will have wear marks on the outside edges of the soles of their sneakers.



Look for a sneaker that has the following characteristics

Curved Shape: Curved shoes cut in by the arch and the toes have more curve. This allows for more pronation to occur at the foot.

Cushioned midsole: a cushioned midsole allows more flexibility and motion to allow for more pronation to occur.



TIPS FOR IMPROVING THE LIFE OF YOUR SNEAKERS

Untie your shoes when taking them off instead of kicking them off by pushing at the heel. This will prevent breakdown of the heel counter of the shoe.

Avoid running or walking in wet sneakers or washing sneakers in the washing machine. When your sneakers are wet the midsoles lose their shock absorption.