

HOW TO EVALUATE A SHOE

Choose a shoe that fits your performance goals, and foot shape. Use the following criteria to evaluate alternative brands or check out our top picks for this season. When walking, you should be able to sense stability of the heel throughout the gait cycle, as well as arch support and contact through the mid foot as you step through and push off your big toe.

- Heel counter does not fold in.**
Push on the back of the shoe- can it resist pressure?
- Shoe bends in the toe box easily, but not the middle of the shoe.**
Attempt to fold the shoe in half- assess where it flexes, and how much.
- No outside heel give.**
Push on the sides of shoe at the top of the heel- can it securely hold your foot?
- Heel height should be symmetrical.**
Assess the shoe from the back- would your foot be level? (Try this with older shoes!)

Rigid Mid-Foot (High Arch)	Semi-Rigid Mid-Foot (Average Arch)	Limited 1st Ray mobility (Rocker Shoes)	Laxed Mid-Foot (Low Arch)
Brooks Ghost 15 New Balance 880 V13 Nike Vomero New Balance 1080 Asics Nimbus	Brooks Adrenaline 23 New Balance 860 V13 Saucony Guide 16 Asics Kayano Hoka Gaviota	Hoka Arahi 6 Hoka Bondi 7 Hoka Clifton 8 Brooks Glycerin 20 Brooks Adrenaline 20	Brooks Addiction 15 Saucony Omni 21 Asics GT 3000

Adapted from the Hruska Clinic and AAPSM

SHOE TERMINOLOGY

Maximalist: a large, very cushioned shoe with a wide profile. Designed with ultramarathoners in mind, these shoes are meant to provide a great deal of external shock absorption.

Zero Drop: Shoe drop refers to the difference in height between heel and ball of the foot. Therefore zero drop means no difference between the two, which may lead to a more fore-foot strike running pattern. This is typically present in minimalist shoes; zero drop shoes may include cushioning or rigidity that minimalist shoes would not.

Minimalist: A shoe that “minimally interferes with natural movement of the foot due to high flexibility, low heel to toe drop, [low] weight and stack height, and absence of motion control and stability devices” (Esculier 2015) In other words, a shoe to mimic barefoot running. It is suggested this type of shoe increases running cadence, alters foot strike patterns (heel vs. toe) and reduces loading rates.

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