



Ontario
Chiropractic
Association



THE FUNCTION OF A RUNNING SHOE

The function of a running shoe is to protect the foot from the stress of running, while permitting you to achieve your maximum potential. Selecting the right shoe for your foot can be confusing without the proper knowledge. People with low arches, called pronators, will need a shoe that provides stability. A shoe with good cushioning is important for people with high arches, called supinators.

There are three main features that you need to consider when selecting a running shoe: shape, construction, and midsole.

Shape

To determine the shape of the shoe, look at the sole. Draw a straight line from the middle of the heel to the top of the shoe. In a curve-shaped shoe, most comfortable for supinators, the line will pass through the outer half of the toes. A straight-shaped shoe will have a line that passes through the middle of the toes. These shoes are built to give pronators added stability.

Construction

Take out the insole and look at what type of stitching is used on the bottom. In board construction shoes, built specifically for pronators, the bottom of the shoe will not have any visible stitching. Combination shoes, appropriate for mild pronators or supinators, will have stitching that

begins halfway. On slip-constructed shoes, you will see stitching running the entire length of the shoe providing the flexibility supinators need.

Midsole

Most of the cushioning and stability of a running shoe is determined by the midsole. A dual-density midsole provides shock absorption as well as some stability, perfect for pronators. Single density midsoles offer good cushioning but are not great at providing stability, making them better for supinators.

Keep in mind that a chiropractor can help you prevent running-related problems by assessing your gait, as well as the mobility of the joints in your feet, legs, pelvis and spine.

