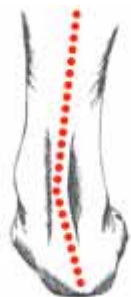


# Gait Types



Right Foot

**Severe Overpronation:** The outside of the heel strikes the ground first and the foot rolls inward excessively which means the foot and ankle cannot properly stabilize the body. Shock is not efficiently absorbed when overpronation occurs. Additionally, due to overpronation, the big toe and second toe must do all the work at the end of the gait cycle during toe-off.

The best shoes for moderate to severe Overpronators are *Maximum or Moderate Motion Control shoes* depending on the severity of overpronation.



Right Foot

**Mild Overpronation:** The outside of the heel strikes the ground first and the foot rolls inward slightly absorbing the shock more effectively which allows the foot and ankle to properly support the body. The foot pronates, but not excessively. The foot pushes off evenly at the end of the gait cycle with mild pronation. Your ankles and feet maintain the vertical line of the lower leg. This is the most common foot type.

The best shoes for Mild Overpronators are *Stability shoes* that have some medial posting.



Right Foot

**Neutral:** The outside of the heel strikes the ground first and the foot rolls inward slightly absorbing the shock more effectively which allows the foot and ankle to properly support the body. The foot pronates, but not excessively. The foot pushes off evenly at the end of the gait cycle with mild pronation. Your ankles and feet maintain the vertical line of the lower leg.

The best shoes for Neutral runners are *Neutral Cushioning shoes* for feet that are more rigid. *Stability shoes* can also be effective for those with a neutral gait.



Right Foot

**Supination:** The outside of the heel strikes the ground first but the foot does not roll inward during the gait cycle. Instead it stays on the outside causing the impact to be concentrated on a smaller portion on the lateral side of the foot. This decreases shock absorption and causes the smaller toes to do most of the work during push-off.

The best shoes for Supinators are more flexible *Neutral Cushioning shoes* with single-density midsoles.