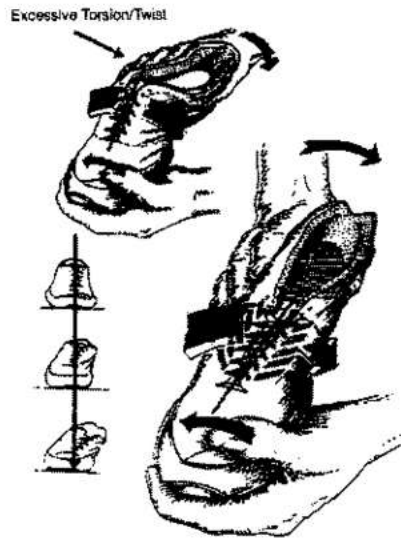
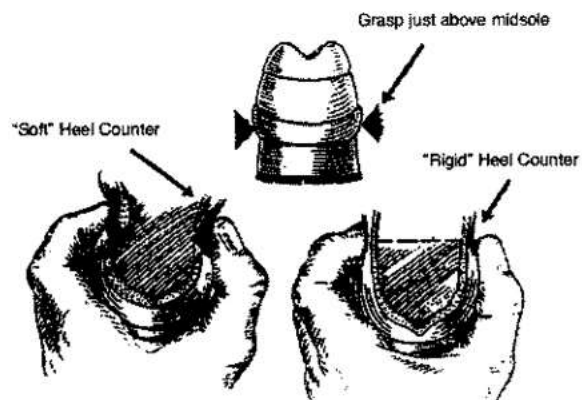


The Shoe Test

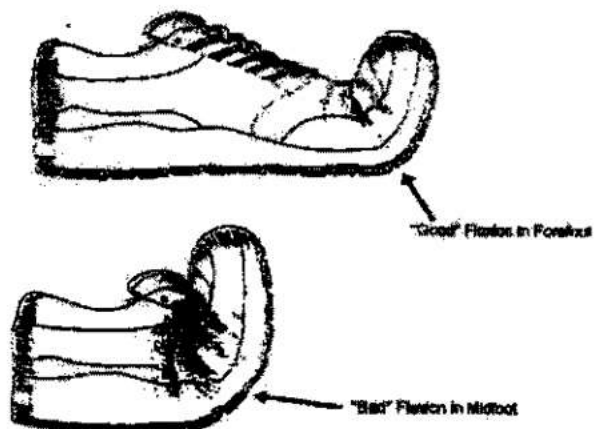
A shoe must NOT torque/twist or flex in the middle or "midfoot" and have a "rigid/stiff" heel counter to qualify as a moderate to excellent motion control/anti-pronation shoe.



1. Torsional Rigidity



2. Heel Counter Rigidity



3. Flexion Stability

Instructions provided by:

Dr. PhysFirstName PhysLastName

Mark T. Reeves, DPM, specializes in Podiatry and Sports Medicine. He gives regular updates on the latest running shoes, cross-trainers, walking shoes, basketball, trail running shoes, clogs and sandals.