

Do YOU/CAN YOU  
Do THIS?

Short Wellness Self-Checks

# Do You Have Use Motion Control Shoes Do You Over Pronate

When it comes to running shoes reported comfort is currently the best advice we can give regarding shoe choice for decreasing running related injuries when it comes to inserts and shoes. In other words you have to find a shoe or insert that is comfortable for you versus the shape of your foot or your foot's mechanics (See Study). I have often suggested motion control shoes for those who over pronate or under pronate. **The Use of these Type of Shoes might be UnHelpful for some.** A study showed that our current approach of prescribing in-shoe pronation control systems on the basis of foot type is overly simplistic and potentially injurious (See Study). Another study backs this. This prospective study demonstrated that assigning shoes based on the shape of the plantar foot surface had little influence on injuries even after considering other injury risk factors (See Study). Shoe manufacturers market motion control, stability, and cushioned shoes for plantar shapes defined as low, normal, and high, respectively. This assignment procedure is presumed to reduce injuries by compensating for differences in running mechanics. This study suggest that it does not help. Another study support this where foot pronation was not associated with increased injury risk in novice runners wearing a neutral shoe (See Study). The results of this study contradict the widespread belief that moderate foot pronation is associated with an increased risk of injury among novice runners taking up running in a neutral running shoe. **The authors suggest that despite wide based opinion that over pronating can cause injuries in runners based on current research those who “over pronate” while they run actually have a lower risk of running related injuries.** What all this suggests is that we have to rethink our shoes. We need to think about how they feel to us rather than our foot shape or how our foot moves. Bottomline: When it comes to an athletic shoe we need to find what shoe style or inserts work best for us based on how they feel.