

What are the best running shoes for those with rigid feet, who extremely pronate, or have very high arches? See next post to determine foot type.



Training Program
In-Person or Self-Guided

Summary: When it comes to selecting running shoes, comfort is the most important factor for reducing the risk of running-related injuries. However, certain foot conditions may require specific types of shoes to provide the necessary support and cushioning. For instance, people with extremely high arches, also known as cavus foot, may benefit from cushioned minimalist shoes, while those with severely rigid feet or severely flat may require extra support and cushioning from a basic quality running shoes. Meanwhile, people with extreme pronation may benefit from shoes with motion control technology to help stabilize the foot and reduce the risk of injury.

While shoe technology may be helpful for some foot conditions, research suggests that the traditional approach of prescribing in-shoe pronation control systems based on foot type is overly simplistic and potentially injurious. In fact, a study published in the British Journal of Sports Medicine found that prescribing shoes based on foot shape had little influence on injuries even after considering other risk factors. Another study in the same journal found that foot pronation was not associated with an increased risk of injury among novice runners wearing a neutral shoe, contradicting the widespread belief that moderate foot pronation is associated with injury risk.

So, what does this mean for selecting running shoes? It means that finding a shoe that feels comfortable and supportive to you is the most important factor for reducing the risk of running-related injuries. Other factors, such as foot shape or mechanics, may be helpful to consider, but comfort should always be the priority. A consultation with a healthcare professional or knowledgeable shoe fitter may also be beneficial in determining the best shoe for your individual needs.

When it comes to severe situations like extremely high arches, severely rigid feet, and extreme pronation, finding the right running shoes can be challenging. However, some research suggests that there are specific types of shoes that may be beneficial for individuals with these conditions.

For individuals with extremely high arches, a cushioned minimalist shoe may be recommended. A study published in the Journal of Foot and Ankle Research found that minimalist shoes with minimal support and cushioning reduced peak pressure in the forefoot and heel compared to traditional running shoes, which may benefit individuals with high arches. However, it's important to note that this type of shoe may not be suitable for everyone and should be used with caution.

In the case of severely rigid feet, shoes with extra support and cushioning may be recommended to help absorb the impact of running. A study published in the Journal of Orthopaedic and Sports Physical Therapy found that shoes with increased cushioning and support helped reduce the risk of injury in runners with rigid feet. This study suggests that runners with rigid feet may benefit from shoes with extra support and cushioning.

For individuals with extreme pronation, motion control shoes may be recommended. A study published in the Journal of Science and Medicine in Sport found that motion control shoes were effective in reducing pronation in runners with extreme pronation, which may help decrease the risk of injury. However, it's important to note that this type of shoe may not be suitable for everyone and should be used under the guidance of a healthcare professional.

It's important to keep in mind that while there may be specific types of shoes that can benefit individuals with these conditions, comfort remains a crucial factor in shoe choice for reducing running-related injuries. It's essential to find shoes that feel comfortable and supportive during running to decrease the risk of injury. Additionally, it's recommended to consult with a healthcare professional or a knowledgeable shoe fitter to help determine the best shoe for your specific needs.