Hi, I'm Bryan Billings, Certified Pedorthist here at the Health and Performance Centre.

I thought today I just give a little tidbit on picking the proper training shoe.

In a perfect world, you're not up here at the Centre getting therapy,

and having the proper training shoe might keep you from getting various overuse injuries.

There are basically three foot types. You've got your average arched foot. Here you can tell if you've got an average arched foot because from non-weight bearing to weight bearing , you'll see very little change in the length of your foot. So you could sit down, draw an outline of your foot, stand up re-trace that outline. If it increases, I don't know, maybe a centimetre or so, you've probably got an average arched foot with very little change in that arch. The shoe to match that foot type it's basically a neutral shoe with just a little bit of support to the midfoot. I actually just grabbed the wrong one, it's this one right here. You can see the EVA here with just a slight different change there. A little bit of resistance to the midfoot so as you're running, fatiguing, if your arch wants to fatigue, it's going to guide you straight.

We've got the extremely high arch rigid foot. Not too much of the population has this. You're going to trace your foot, retrace it again, and it's not going to change at all. super rigid high arch foot. Because of the rigidity, we want the shoe with no support, nice and soft, flexible,

bendable. We're trying to create motion, we're trying to shock absorb that foot. And the one that gives people a lot of problems is the totally splayed flat arched foot. You're going to trace your foot, stand up and it'll splay right out. It might elongate a few centimetres, you're going to notice maybe one or two shoe sizes change to non-weight bearing to weight bearing. Now, you're in the shoe with the reinforced postings, medial wedging, and reinforced thermal plastic on the bottom. A motion control shoe. It's as solid as a rock.

Just a few little tidbits depending on your foot type, match the right type of shoe, hopefully we don't see you up here at the clinic.