

Types of Feet



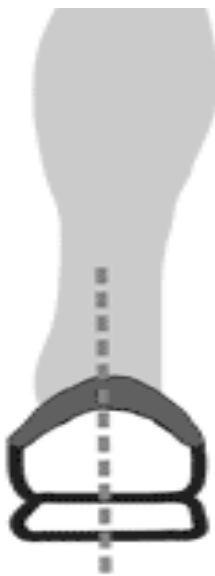
Normal Arch
A foot that is in-between a flat-foot and a high arch is considered a "normal" foot.



Flat-footed
The wider and straighter the footprint, the lower the arch is.



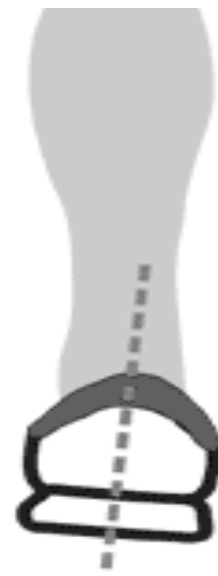
High Arch
A very narrow, curved footprint (or one in which the ball and heel are not even connected)



Neutral



Over-pronation



Supination

	Pronators	Overpronators	Supinators
Foot mechanics	Normal inward roll	Excessive inward roll	Excessive outward roll
Foot shape	Low arch	Flat foot to low arch	Medium to high arch
Shock absorption in stride	Good	Good	Poor
Recommended shoe last	Semi-curved	Straight	Curved
Recommended type of shoe	Stability	Motion Control	Cushioning