



MyFootDr.

Healthy feet. Better lives.

RUNNING SHOE REVIEW 2018



About this review

Healthy feet make for healthy runners. Finding the perfect running shoes can be the difference between achieving your goals or limping behind. My FootDr understands a runner's passion and wants to keep runners on their feet. To help you find the right running shoes for your feet, our podiatrists have compared running shoe styles from leading brands to help you decide on what's the best fit for you.

Poorly fitting running shoes can make existing foot symptoms worse or create new problems. It is important to identify the perfect running shoes for the fit, feel and function of your feet and lower limbs.

Key considerations for finding the perfect running shoes:

Wide vs Narrow: A shoe too narrow can cause blisters, foot cramping and aggravate existing conditions such as calluses, bunions and lifelong problems. A shoe too wide can also cause blisters and skin problems, and put you at risk of foot injuries.

Stability vs Neutral: Stability running shoes are recommended for people with feet that pronate or roll inwards when running. A stability running shoe helps with pronation control by correcting the foot position and potentially relieving pressure on knees and joints. It will also assist in minimising the risk of injuries such as shin splints and plantar fasciitis. Neutral running shoes are recommended for people with minimal to no pronation. These are perfect for an individual with normal to high arches and a natural gait. A neutral running shoe will give you additional cushioning for support and comfort.

Custom Foot Orthotics: Orthotics can be used to stabilise the heel, provide arch support and improve the biomechanics of the foot. Orthotics will require a shoe with a removable insole and depth to accommodate. A neutral running shoe allows the orthotics to function as intended and will not over-correct the foot.

Need advice about your foot type and finding the right running shoe?

Book an appointment with your local podiatrist.

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Men's and Women's Running Shoes

Brand / Name	Recommended Foot Type	Orthotic Friendly	Features	Weight	Image
Nike AIR ZOOM STRUCTURE	Pronation: Neutral to Overpronator	- Yes	- Stability running shoe ideal for distance runs - 10mm heel to toe drop - Responsive cushioning - Firm heel structure	Men's - 295g Women's - 255g	
Nike AIR ZOOM PEGASUS	Pronation: Neutral	- Yes	- 10mm heel to toe drop - Bottom strip for smooth heel-to-toe transition - Lightweight	Men's - 285g Women's - 255g	
Asics GEL KAYANO	Pronation: Overpronator	- Yes	- Structured stability shoe ideal for daily runs - 10mm heel to toe drop - Over abundance of cushioning and stability throughout	Men's - 326g Women's - 276g	
Asics GEL NIMBUS	Pronation: Neutral	- Yes	- Neutral cushioning shoe - 10mm heel to toe drop - External heel clutch - Flex and support throughout midsole	Men's - 323g Women's - 273g	
Adidas ULTRABOOST	Pronation: Neutral	- Yes	- Midsole drop: 10 mm (heel: 29 mm / forefoot: 19 mm) - Responsive cushioning	Men's - 304g Women's - 266g	
Mizuno WAVE RIDER	Pronation: Neutral	- Yes	- 12mm heel to toe drop - Heel wedge for a softer landing - Waterproof protection	Men's - 300g Women's - 255g	
Mizuno WAVE HORIZON	Pronation: Moderate	- Yes	- Support shoe - 10mm heel to toe drop - Bottom wedge for cushioned plush ride	Men's - 330g Women's - 275g	

Men's and Women's Running Shoes

Brand / Name	Recommended Foot Type	Orthotic Friendly	Features	Weight	Image
Brooks RAVENNA	Pronation: Neutral	- Yes	<ul style="list-style-type: none"> - Support shoe ideal for road / track - Midsole drop: 10mm MEN: D,2E WOMEN: D 	Men's - 298g Women's - 258g	
Brooks TRANSCEND	Pronation: Neutral	- Yes	<ul style="list-style-type: none"> - Support shoe ideal for road / track - Midsole drop: 8mm - Fit: MEN: D WOMEN: B 	Men's - 306g Women's - 258g	
New Balance 860 v8	Pronation: Neutral to Overpronator	- Yes	<ul style="list-style-type: none"> - Stability running shoe ideal for distance runs - 10mm heel to toe drop - Stability shank -Optional Widths: B, D, 2E, and 4E 	Men's - 326g Women's - 276g	
New Balance 880 v8	Pronation: Neutral	- Yes	<ul style="list-style-type: none"> - Neutral running shoe ideal for daily runs - 10mm heel to toe drop -Plastic midfoot shank -Optional Widths: D, 2E, 4E 	Men's - 315g Women's - 263g	
New Balance 940 V3	Pronation: Overpronator	- Yes	<ul style="list-style-type: none"> - Stability running shoe ideal for daily runs - 10mm heel to toe drop - Stability shank -Optional Widths: B, D, 2E, and 4E 	Men's - 408g Women's - 323g	
Saucony ECHELON	Pronation: Neutral	- Yes	<ul style="list-style-type: none"> - 8mm heel to toe drop - Fit: MEN: D WOMEN: B 	Men's - 303g Women's - 261g	
Saucony RIDE	Pronation: Neutral	- Yes	<ul style="list-style-type: none"> - 8mm heel to toe drop - Fit: MEN: D WOMEN: B,D 	Men's - 269g Women's - 238g	

Men's and Women's Running Shoes

Brand / Name	Foot Type	Orthotic Friendly	Features	Weight	Image
Brooks GLYCERIN	Pronation: Neutral	- Yes	- 10mm heel to toe drop - Fit: MEN: D,2E WOMEN: 2A,B,D	Men's - 301g Women's - 261g	
Brooks GHOST	Pronation: Neutral	- Yes	- 12mm heel to toe drop - Fit: MEN: D,2E WOMEN: 2A,B,D	Men's - 301g Women's - 258g	
Brooks DEFYANCE	Pronation: Neutral	- Yes	- 12mm heel to toe drop - Fit: MEN: D WOMEN: B	Men's - 297g Women's - 255g	
Brooks ADRENALINE	Pronation: Moderate	- Yes	- 12mm heel to toe drop - Fit: MEN: D,2E WOMEN: 2A,B,D	Men's - 303g Women's - 252g	
Brooks VAPOR	Pronation: Moderate	- Yes	- 12mm heel to toe drop - Fit: MEN: D WOMEN: B,D	Men's - 373g Women's - 281g	
Brooks BEAST/ARIEL	Pronation: Severe Pronation	- Yes	- 12mm heel to toe drop - Fit: MEN - 2E, 4E WOMEN - B, D, 2E	Men's - 386g Women's - 323g	
Brooks ADDICTION	Pronation: Severe Pronation	- Yes	- 12mm heel to toe drop - Fit: MEN - D WOMEN - B	Men's - 383g Women's - 323g	

What's your foot type?

Pronation refers to the way your foot rolls inward for impact distribution upon landing while running or walking. When your foot strikes the ground, it rolls inward to absorb the shock, and the arch supports on average three times your body weight. People who roll inward too much or not enough may experience running injuries due to less effective shock absorption and poor foot posture.

Different foot types:

SUPINATORS

People that supinate may have a rigid foot type with high-shaped arches. Supinators at times need a lot of cushioning to avoid impact injuries. When a supinator runs or walks, the outer side of the heel hits the ground at an increased angle with little or no normal pronation, causing a large transmission of shock through the lower leg. As you push off there's greater pressure outside of the foot, which can lead to injuries in the foot, heel and lower leg.

NEUTRAL TO PRONATORS:

People with a neutral foot type tend to have normal-sized arches. When you run or walk, a neutral pronator's foot generally lands on outside of the heel, then rolls inward (pronates) to absorb shock and support body weight. As you push off there's a more even distribution from the front of the foot. Neutral runners are not immune to injury, however due to effective shock absorption they are less likely to suffer some foot or lower leg injuries and quicker to respond to injuries if they occur.

OVERPRONATORS:

Overpronators can have a hypermobile foot type with low arches or flat feet. When your foot contacts the ground while walking or running your foot lands on outside of heel or some are pronated when they hit the ground, then rolls inward (pronates) excessively, transferring weight to inner edge instead of ball of the foot. On push off there tends to be more pressure on the ball of your feet. Overpronators can be susceptible to injuries such as bunions, corns, calluses, shin splints, plantar fasciitis and heel spurs.

Book an appointment today

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Tips and advice

Why you need to understand how you move

Did you know your unique foot structures and biomechanics impact both performance and choice of footwear? Getting these right is key to ensuring you can exercise freely and without injury.

My FootDr is the preferred podiatry choice for many recreational running clubs and individual sports-people across Australia looking to avoid common injuries like plantar fasciitis (heel pain), knee pain, lower back pain and Achilles tendonitis.

When you visit your My FootDr podiatrist, along with taking a detailed patient history and physical assessment, our biomechanical assessments involve performing a video gait analysis and 3D foot scan.

The video gait analysis can help to diagnose conditions associated with walking, running or sports. Our Podiatrists will record you walking and running, and explain your biomechanics using specific software. This software enables us to assess your foot in slow motion, draw angles and markers to explain the results of your analysis. We can even break each second of the gait cycle into tiny segments, allowing a detailed assessment of the foot position and overall posture.

Need advice? Book a biomechanical assessment including video gait analysis and foot health check to avoid pain and improve your overall running performance!

Private health insurance rebates may apply.

Book an appointment today

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