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The Shoe Test

Three Tests to Determine Motion Control

A shoe must be firm in the middle or "midfoot" and have a stiff heel counter to qualify as a motion control shoe. A shoe should not twist or flex at the "midfoot".

Mark Reeves, DPM

1. Torsional Rigidity

Grasp behind the heel and underneath the forefoot and twist



"Bad" Excessive Torsion/Twist in Midfoot



"Good" No Torsion/Twist in Midfoot



2. Heel Counter Rigidity

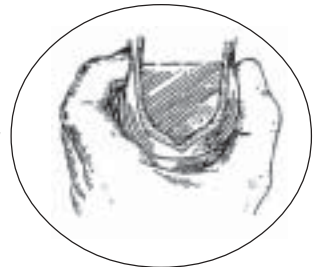
Grasp just above midsole and squeeze



"Bad" Soft Heel Counter



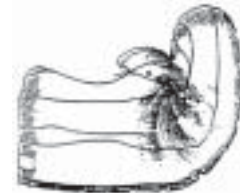
"Good" Rigid Heel Counter



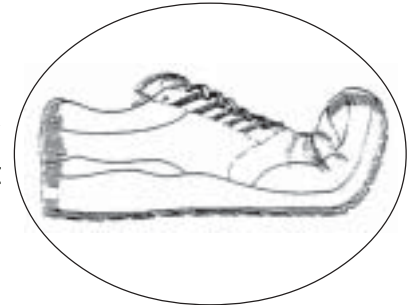
3. Flexion Stability

Grasp shoe and bend from forefoot to rearfoot

"Bad" Flexion in Midfoot



"Good" Flexion in Forefoot



Bellevue
15015 Main Street
425-653-2329

Everett
1203 SE Everett Mall Way
425-348-7306

Federal Way
31653 Pacific Hwy S
253-946-3400

Seattle
701 Madison Street
206-264-0925

Shoreline
20128 Ballinger Way NE
206-957-0488

Tacoma
4027 Tacoma Mall Blvd.
253-475-5288