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OPP FAMILY CHIROPRACTIC

*Our Purpose is to share the **joy** in giving others the **energy** and **strength** to express the **passion** inside of them, so they can conquer their **life**.*



How To Choose a Running Shoe
Dr. Brian Opp D.C.

Your choice of running shoes can make the difference between having a good or bad experience, running in comfort or pain, and, most importantly, whether you stay healthy or get injured. The biggest and most common mistake runners make, is to bargain shop for an inexpensive first pair of running shoes. This kind of thinking will likely lead you to the equally logical decision to quit after a couple of miserable runs. The very tenacious among us may wait until they suffer a blown-out knee or serious shin, hip or foot problem. Forget bargains. What you need to start running is the right shoe, not the cheapest. Here are some simple steps for finding a running shoe.

Understand Pronation

Pronation is the rolling of the foot from heel to toe through the foot strike. A proper or neutral pronation is hitting the outside of the heel and up to ball of your foot evenly across the front. This is how your foot reduces the stress of impact.

Underpronation is not enough evening out so the outside of your foot takes most of the shock instead of finishing in the neutral position.

Overpronation is too much roll across from the outside to the inside of your foot.

To determine your level of pronation, look at your shoes you walk or run in.

Most everyone will begin on the outside of the heel, the real indicator would be the wear on the forefoot.

If most of the shoe wear is:

- On the medial (inside) side then you Overpronate and probably need to choose Motion-Control Running Shoes
- On the lateral (outside) side then you Underpronate and most likely need to choose Neutral Cushioned Running Shoes
- Uniform across the forefoot then you have a Neutral Stride and are best suited for choosing Stability Running Shoes.

Determine Your Foot Type

You have a normal arch (neutral pronation) if: There’s a distinct curve along the inside of your foot with a band a little less than half the width of your foot connecting the heel and toe. (Choose Stability Running Shoes)

You have a low arch (flat feet/ overpronator) if: There’s not much of a curve along the inside of your foot and your imprint shows almost the entire foot. People with low arches are more likely to overpronate (roll too far inward), which can lead to overuse injuries. (Choose Motion-Control Running Shoes)

You have a high arch (underpronator) if: There’s a very sharp curve along the inside of your foot and your imprint shows a very thin band between your heel and toe. People with high arches typically don't pronate enough. (Choose Cushioned Running Shoes)

Select Your Gait Type

Severe Overpronation: The outside of the

heel strikes the ground first and the foot rolls inward excessively which means the foot and ankle cannot properly stabilize the body.

The best running shoes for moderate to severe Overpronators are Stability shoes or Motion Control shoes depending on the severity of overpronation.

Mild Overpronation: The outside of the heel strikes the ground first and the foot rolls inward slightly absorbing the shock more effectively which allows the foot and ankle to properly support the body. This is the most common foot type.

The best running shoes for Mild Overpronators are Stability shoes

Neutral: The middle to slightly outward part of the heel strikes the ground first and the foot rolls inward slightly absorbing the shock more effectively which allows the foot and ankle to properly support the body.

The best running shoes for Neutral runners are Neutral Cushioning shoes for feet that are more rigid.

Supination: The outside of the heel strikes the ground first but the foot does not roll inward during the gait cycle. Instead it stays on the outside causing the impact to be concentrated on a smaller portion on the lateral side of the foot.

The best running shoes for Supinator’s are more flexible Neutral Cushioning.

Choose the Right Running Shoe for You

Running shoes come in three shapes straight, semi-curved and curved. Most experts believe that:

- Overpronators should choose a running shoe with a Straight shape.
- Underpronators should choose a running shoe with a Curved shape.
- Normal/Neutral pronators should choose a running shoe with a Semi-Curved shape.

Go to a Local Specialty Running Store

Now you probably have a pretty good idea of what type of running shoe you should be looking for and how to choose running shoes. However, it still pays to go to a specialty running store (at least for your first running shoe purchase). The people who work in these stores are knowledgeable and will guide you to the appropriate shoe models.

Ensure Your New Running Shoes Fit Properly

A proper fit is THE most important step in finding the right running shoe. A shoe that fits will be snug but not tight. A common mistake that's a killer, is to buy shoes that are too small.

- Check for adequate room at the toe box by pressing your thumb into the shoe just above your longest toe. Your thumb should fit between the end of your toe and the top of the shoe.

- Check for adequate room at the widest part of your foot. The shoe shouldn't be tight, but your foot shouldn't slide around, either.

- The heel of your foot should fit snugly against the back of the shoe without sliding up or down as you walk or run.

- The upper (part of shoe that wraps around and over the top of the foot) should fit snugly and securely without irritating or pressing too tightly on any area of the foot.

- Once you've found running shoes that

feel right, walk/jog/run in them as much as you can. Some stores have a treadmill, others allow a run around the parking lot and some don't let you do anything other than bounce up and down. You need to feel the shoes in action.

Do You Want To Become A Stronger, Faster, Injury-Proof Runner?

Nikki Conant, M.S.

To become the best, most efficient runner you can be, just running isn't going to be enough. Strength training is one of the single most important non-running aspects of training that can help you become a better runner. Multiple studies show that regular strength training can improve running economy – how efficiently the body uses oxygen-translating into greater speed and more muscle endurance

It makes sense for runners to focus on legs, but the best distance athletes don't just have impressive quads and gluts. They have muscular arms and shoulders that help them maintain speed throughout their races. Also, strong legs require a solid foundation. When you run, your abdominal and back muscles fire to stabilize your spine. Strengthening your core will help your legs grow stronger. So it's important to do full body strength workouts.

Example workout (sets X reps)

Physioball Leg Curl	(3x15)
DB Bench Press	(3X10)
1 arm/1 Leg DB Row	(3X10 each side)
DB Squat	(3X10)
DB Curl Into Shoulder Press	(3X10)
DB Pull Over	(3X10)
Plank	(3X30-45 sec)
In & Out Crunches	(3X20)

Tips

- Move from one exercise to another quickly to maintain elevated heart rate
- Provide progressive overload stimulus
- Work muscles through full range of motion.
- Change exercises each month to keep mentally stimulated and to ensure the strength gains continue.

If you need further assistance or would like one on one training, contact Nikki, our in house personal trainer.

Opp Family Chiropractic Upcoming Events!

June 7th - Pioneer Days Parade!
Look for us at the Parade!

June 19th – Healthy Cooking with Tony!

June 26th – Opp Chiro Boot Camp!
Exercise for all ages & abilities!

July 3 & 4 - Closed for the
Holiday! Have a Safe Weekend!

July 17th - Opp Chiro Boot Camp!
Exercise for all ages & abilities!

July 19th – East Bethel 5K! Join us
for stretching before the race!

August 16th - Patient appreciation
day! Wear your Opp shirts!

September 18th - Healthy Cooking

October 23rd - Ladies Night Out
Vendor Event!

Call the Clinic today to sign up

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