

	Normal Pronation	Overpronation	Underpronation
Description	After the heel strikes, the ankle rolls inward slightly and the foot comes down flat and forms a stable platform for the runner to push off from.	After a heel strike, the ankle rolls about 15 degrees inward as the foot makes contact with the ground. Then the runner pushes off with the big toe.	After the heel strikes, only the outside edge of the foot hits the ground. Then the runner pushes off from the outer toes.
Type of Arch	Usually have normal arches.	Usually have low or flat arches.	Usually have high arches.
Wear on sole of sneaker	Even wear along the heel and front of the foot.	Wear on the heel and inside of forefoot.	Wear on the outside edges.
Recommended Sneaker	Neutral or stability running shoe	<u>Motion control</u> _____ _____ or stability shoe	Neutral running shoe with extra cushioning

