

# Foot Type and Shoe Type

## Supinator:

Excessive outward rotation of the ankle and foot bones. Produces an abnormally high arch.



## Neutral:

Neither excessive outward or inward rotation of the ankle and foot bones. Produces a neutrally positioned arch.



## Pronator:

Excessive inward rotation of the ankle and foot bones. Produces an abnormally low arch or flat-footed appearance.



## Slip Lasted vs. Board Lasted:

Slip Lasted: the upper portion of the shoe is sewn or 'slipped' into the lower base of the shoe

\*Best for the Supinator and Neutral

Board Lasted: the upper portion of the shoe is glued onto the lower base of the shoe

\*Best for the Pronator



Slip Lasted Shoe

## Last Curvature:

Curved: Best give for Higher Arches and Supinators

Semi-Curved: Best for a Neutral Arch

Straight: Best firm density for the Pronator



Curved

Semi-Curved

Straight

## Medial Side Arch Support:

Continuous: Moderate arch support. Best for Higher Arches and Supinators

Non-Continuous: Contains a medial post which provides the best support for the Pronator



Continuous Medial Side

Non-Continuous Medial Side with Medial Post



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