



The wet test tells us one thing and it is NOT what type of shoe to wear for running. It tells us what our feet look like in stance, and NOT in running stance, but at rest, in static pose, without movement. Running is a dynamic activity with movement, as is supination and pronation. Having a flat foot at rest in stance does not mean you pronate when running. Having a high arch does not mean you supinate when running. In fact, what your feet are doing at rest, your imprints in the wet test, has no meaning at all on your running gait.

Visualization of your running gait or technique is most important. And proper technique is one in which you land on the 'balls of your feet', with your heels slightly off the ground. If you note the wet test above you will see that no matter what foot type you have, contact with the ground is made between the red lines, on the balls of your feet. This is the site where should land in running and all three foot types allow this contact as long as proper technique is performed (see www.posetech.com).

In medical school we are taught to listen to our patients and they will teach us. The following case is a true encounter. A flat footed runner, who had orthotics made by another physician, complained of right medial ankle and shin pain WITH running but NOT with jumping rope. Why does he get the pain with running yet not with jumping rope? When he jumps rope he said he lands on the ball of his feet with high cadence. When he runs he says he lands on his heels (with slow cadence). After video analysis and instruction in proper running technique, his pain (posterior tibialis strain and medial tibial stress syndrome) resolved.