

BUYING GUIDE

“Best Women’s Running Shoes for Supination”



What is Supination?

Supination, also called as Underpronation can be defined as an up orientation of body parts like hand, foot or arm. It is most commonly found in feet. Supination in a foot is a condition when one moves or walks, his foot seems to turn outside and becomes faced-up. This leads his body weight to dislodge away from the foot position. The weight distribution becomes unbalanced as a result one can feel strain and pressure. Often supination can effect and injure you by creating joint or knee problems, lower back stress, unusual body alignment, etc. It is to be noted that Supination is not much critical condition. Getting rid of this dis-functionality is possible through consulting a gait analysis expert. He would analyze your problem and suggest you better way to get comfort. Another option to heal this issue is putting on the best shoes that could provide relief. There are a variety of shoes available in the market that are especially designed for the people who face the Supination problem. Both men’s and **women’s best running shoes for Supination** are easy to find in the market.

What are the causes and effects of Supination?

Normally, Supination does not arise due to any major injury as mostly it seems to be natural in human beings. However, one can tackle excessive effect of Supination due to the damages that may left-over from previous injuries and wounds. Moreover, over-working of the ligaments tendons and muscles can cause wrench or sprain in the ankle and this could bring off Supination.

How Supination can effect on a daily life of a human, let us discuss. Firstly, it is clear that the condition causes pain. In some cases, the pain can be so severe that one cannot tolerate. These pains capture the musco-skeletal areas and causes multiple dysfunctions that include, Knee pains and different knee issues, pain in calves, Arch Pain, Foot Pain, Tightness in hamstring and hip flexors, chronic back pain, Achilles Tendonitis, Plantar Fasciitis, Sore buttocks, etc.

Supination can cause reduction in the shock absorption of the body in addition with decreasing the biochemical efficiencies. This can cause push offs while you walk and apparently effects lower limbs by putting continuous strain on its joints and muscles, hence making your posture imbalanced and disturbing body alignment.

All these persistent effects can give rise to a trouble and annoyance especially when you are a sportsman/sportswoman. If you're a woman, you need to look for the **best women's running shoes for Supination** to fulfill your sport activities like athletes, running, etc. if you are experiencing the Supination dysfunction in your feet. The market is full of the type of shoes that are specially designed for the people suffering Supination in their feet.

What Should Women Anticipate When Buying Running Shoe?

It is obvious that the foot of a woman is a little different from that of a man. According to the research, one of the biggest difference between women's foot and men's foot is the linkage of forefoot and heel. The woman's foot has a much marrow heel than that of a man's. Furthermore, according to studies, women who are good runners and use to run approx. 50 to 60 miles in a week have considerably narrower heels and relatively higher foot arches as that of a common woman.

When as a woman, if you are planning to buy running shoes, you must get the **best women's running shoes for Supination**. What you have to consider very firstly is the size of your foot. You must try different brand shoes in variety of sizes. It would be more than good if you go through gait analysis before buying a suitable shoe for running. You should consider excessive support of your shoes as it is necessary to carry out running activities in an efficient manner. What you have to keep in mind is that there should be enough space in the toe box when you put on the shoe. Moreover, prevent the shoe if your heels are slipping.

What kind of a Shoe to consider for Supination?

Another essential part before committing to a shoe for running is pondering over its quality and suitability. There are a number of factors regarding the relevance of a shoe that should fulfill your need

properly and keep you comfortable while running or jogging. When it comes to Supination issue, comfort and optimal support becomes the most important. The following are the factors which you should obviously lookout when aiming to get a shoe for running:

- **Flexibility:**

Flexibility of a shoe is necessary when you are about to wear it for running and workout purpose. It is an essential need for a person facing Supination to have as much flexible shoe as possible. More flexibility reinforces stepping when you walk or run as the inner movement of the foot tends to increase. Furthermore, due to optimum flexibility, the weight is evenly distributed on the entire foot, decreasing strain factor on the outer part of the foot. This reduces the effect of Supination. One thing to note is that the shoes with soft midsole are best in flexibility rather than the shoes with high density midsoles.

- **Support:**

Shoes are generally divided into three different types according to their support variation. These types include Underpronation, Overpronation and Neutral. The arch support is a shoe also matters. Someone who has Supination in low extent can get the most from low arched shoe or even a neutral shoe. But a person who has excessive Supination will require maximum support. Therefore, the high arch supported shoes can be the best choice for him to get ultra-comfort and balanced body weight on the feet.

- **Breathability:**

An essential factor to keep in mind is that the pair of shoes that you are buying should be well breathable. Now, what is breathable means? It is simple. The property of breathability refers to the potential of a shoe to effuse moisture and make it dry and more comfortable. Breathability in the shoe is necessary because when the shoe is free from all kind of moisture or dampness, it increases the control in rolling of the feet and minimizes it as much as possible, thus helping the one who has Supination. So, for the people who suffer Supination, it is highly recommended to buy ultra-breathable running shoes to get maximum solace and satisfaction while playing any sport or running.

- **Cushioning:**

Cushioning in the shoe also has a great importance especially for the one who is suffering from Supination problem. As supination causes harm to the ankle, outer toes as well as the lower part of the foot, applying sustainable cushioning into the shoe can produce relief. The core reason to have a good cushioning in the shoe is that it helps in the absorption of the certain shocks that are produced by Supination. Therefore, this technique aids in optimal reduction of foot stress and strain. This ultimately eliminates all of the pain that one would experience.

Why to choose a right running shoe?

We discussed the requirements of the best shoes that a person with Supination issue can have. Here are the reasons why the shoes having the properties discussed above are suitable. Let us take a look.

- **Getting Rid of Pain:**

As it is a fact that Supination causes pain. So if the one who suffers do not utilize special shoes built for minimizing this issue, the pain on the ankles and side toes can increase making it difficult to bear. For the regular sportsmen/sportswomen, it is the most important thing to have perfect shoes that could not lead to pain as they go on.

- **Preventing Injuries:**

When the wrong pair of shoes are being worn, they cause pain and then time to time, the pain becomes severe, thus increasing the risk of multiple injuries. Due to continuous pressure exertion on the ankle and the area surrounded by it causes blisters and sores. Whereas, when suitable shoes for Supination are being worn, it is 70% to 80% chance to get relief from pain and these types of injuries.

- **Gaining Extra Comfort:**

Before buying a pair of shoes for sports and running purpose, it is the foremost necessity to consider the desirable features of the shoes according to the requirement. In this way, you would actually feel the real taste of comfort. If you are facing Supination in feet, the above discussion is compulsory for you to apply otherwise it would be insufficient for you as the comfort factor shall apparently decrease.

- **Regular Movement:**

The best reason to choose the right shoe pair for Supination problem is the natural movements. The special shoes that are designed for reducing effect of Supination can surely help in assisting regular movements of the foot like a normal foot strike.

Wrapping it up:

In a nutshell, we can say that the men's and **women's best running shoes for Supination** can have many important features that include flexibility, proper cushioning, durability, essential breathability, and optimal support. So, not to worry if you are facing Supination, just go out there, buy the perfect pair of shoes for yourself and enjoy running and sports.

X-----X-----X

Written by:

Salman Abdul Rahim
(Freelance Content Writer)

