



VERY HIGH

A very high arch means the only thing you see in your footprint is your heel, the ball of your foot, and your toes, with nothing in between.

HIGH

A high arch means the only thing you see in your footprint is your heel, the ball of your foot, and your toes, with a bit but not much in between.

NORMAL

A normal arch means the middle portion or arch of your footprint is just about halfway filled in with a noticeable curve along the arch.

FLAT

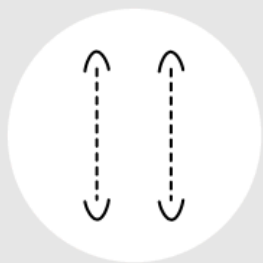
If your footprint looks like a complete foot (is totally filled in without much of an inward curve in the center), you likely have flat feet.

FEET HAVE AN EXTREMELY HARD TIME ABSORBING IMPACT AND REQUIRE EXTRA CUSHIONING.

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FEET ARCHES ARE AT A PROPER HEIGHT TO ABSORB AND DISTRIBUTE IMPACT!

FEET TEND TO PRONATE WHEN YOU WALK OR RUN (MEANING, YOUR FOOT ROLLS INWARD).



OVER PRONATOR

Pronation occurs when your arch flattens on your strike, causing your



What is your arch type?

What is your foot alignment type?

