



SHOE TREAD PATTERNS AND WHAT IT MEANS TO YOUR FEET

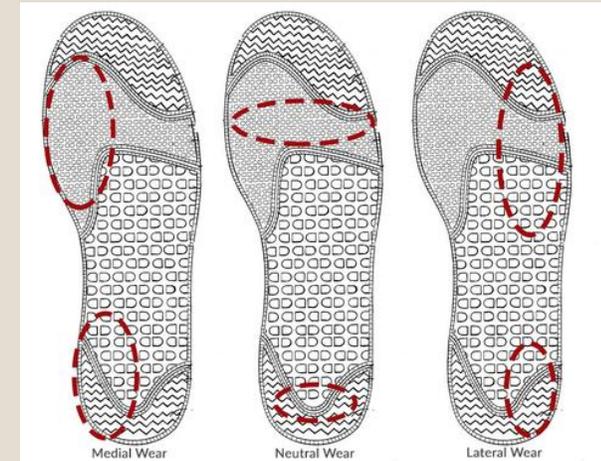
Intro

- Shoe tread patterns differ greatly.
- Overall structure, density, and tread thickness depend on the intended activity.
- Different types of shoes can support your feet in different type of terrain and activities, or for varying levels of grip and traction.



Wear Pattern

- Shoe tread wear pattern can show the way your foot hits the ground.
- The **neutral wear** pattern is the best pattern to avoid injury.
- **Lateral wear** or over supinating your foot can lead to serious bone injury
- **Medial wear** or over pronated of the foot can impact your hips and or your ankles.
- The best way to combat lateral or medial wear is:
 - Using appropriate inserts.
 - Doing research to understand your wear pattern.
 - See someone about your running gate to correct it.
 - Finding the right shoes.



Different Types of Tread Patterns

1. Road Tread
2. Light Trail
3. Heavy Trail
Snow and Mud
4. Training and
lifting

1.



2.



3.



4.



Road Tread

- Road Tread running shoes are usually a light-weight Flexible tread.
- These treads are designed for concrete (i.e. roadways, sidewalks, etc.)
- Most have extra cushion in the sole, not only to allow flexibility but to absorb high impact foot striking.



Light Trail

- Light Trail treads have a deeper more rugged look and feel to them.
- They are capable of handling a light hike or jogging mountainous trails.
- Much like the road treads they are light and flexible but not as flexible. This helps to protect the feet from rough outdoor terrain without sacrificing too much comfort.



Heavy Trail Snow and Mud

- These treads are much deeper and harder, giving them the ability to grip in mud and snow.
- Could be used for hiking in the rain and inclement weather.
- They have added thickness to protect the feet from sharp objects and wetness and provide a stable grip.
- They provide a more dense and stable base for the feet. The only drawback is that they lack flexibility



Training and Lifting

- Training treads are very light and rubbery.
- Some treads will have a raised heel to help with support in the back knees and ankles.
- The primary goal of training treads is to create smooth contact with the ground in order to provide maximum grip and stability.
- Soles tend to be denser, with some flexibility towards the front of the foot.





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Citations

- <https://www.verywellfit.com/can-i-wear-trail-running-shoes-when-running-on-roads-2911787>
- <https://treadlabs.com/blogs/insoles-reach-your-stride/34786373-what-are-your-running-shoes-trying-to-tell-you>