



# SHOE TREAD PATTERNS AND WHAT IT MEANS TO YOUR FEET

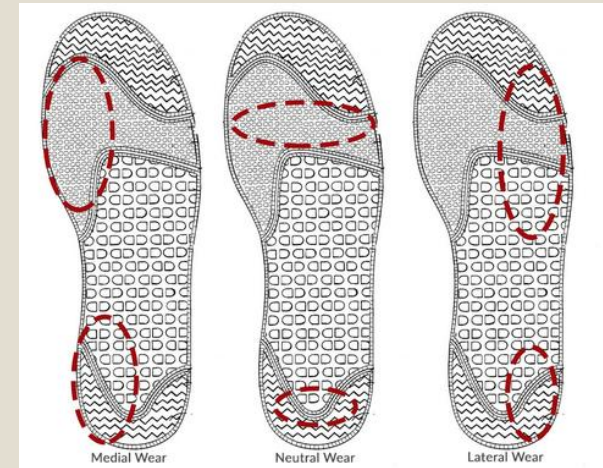
# Intro

- 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.







Corporate  
Fitness  
Works

# 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>